

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Breakfast Fajitas

From www.thepioneerwoman.com/tasty-kitchen-blog/

Serves 6

10 whole eggs

1 can (15 oz) black beans, drained and rinsed

2 whole avocados, chopped

Sour cream (We prefer Farmer's Creamery brand which you can buy at T-bones meats in O'Fallon, or at Whole Foods).

Grated cheddar cheese

Salsa, your favorite

1 package flour tortillas (You can find Rudi's spelt tortillas in the freezer section of the natural food aisle at the Bogey Hills Dierberg's store.)

Scramble your eggs, heat up the black beans, and throw everything (sour cream, grated cheese, eggs, beans, salsa, and avocado) onto a warmed flour tortilla.