

# Make Ahead Breakfast Burritos

## INGREDIENTS

- 2 cups frozen tater tots (baked or air fried until crispy)
- 8 large eggs
- ¼ cup cottage cheese, blended smooth
- Kosher salt and freshly ground black pepper, to taste
- 8 flour tortillas (8-inch, soft taco size)
- 1 cup shredded cheddar or Colby Jack cheese

### Sausage Options (choose one):

- 8 chicken breakfast sausage links, casing removed
- 1 lb ground breakfast sausage (pork or turkey)
- Fully cooked breakfast sausage crumbles
- Breakfast chorizo (for a spicier version)

## DIRECTIONS

1. Bake or air fry until golden and crispy. Let cool slightly.
2. Brown in a skillet over medium heat, breaking into crumbles. Cook through and drain if needed.
3. Whisk eggs, blended cottage cheese, salt, and pepper.
4. Cook in a greased skillet over medium-low, stirring gently until just set and slightly soft.
5. Lay out tortillas.
6. Add: ~¼ cup scrambled eggs, Sausage, 3-4 tater tots, 2 tablespoons shredded cheese
7. Fold in sides and roll tightly.

*Wrap each burrito tightly in parchment paper.  
Place wrapped burritos in a freezer-safe bag.  
Freeze up to 1 month.*