

## Fruity Breakfast Burrito

### Ingredients:

- 4 sprouted or regular whole grain tortillas
- Cashew Cream (recipe below)
- 1 cup blueberries
- 1 cup strawberries, diced
- 1 cup ripe mango, peach, or papaya, diced
- 1 banana, sliced and quartered (optional)
- ½ cup of kiwi, sliced and quartered (about 2 small kiwis)

### Cashew Cream

- 1 cup cashews, soaked overnight
- ¼ cup pineapple juice, approximately
- 2 Medjool dates, pitted
- 4 strawberries

### Instructions:

1. Strain the liquid off the nuts and blend together with the other ingredients for the Cashew Cream.
2. Take each tortilla and spread it with about ¼ cup of Cashew Cream.
3. Add ¼ of each fruit.
4. Roll burrito style.
5. Repeat until all are completed.
6. Serve immediately.

**Tip:** Make sure the fruit pieces are all roughly the same size to maintain uniformity and to get a similar mouth feel with each bite. You can use blackberries and raspberries or any other available seasonal fruit. The fruits listed above make a lovely rainbow effect.

Makes 2 servings