



9 Vegan Breakfast Burritos and Wraps to Kickstart Your Day

By Mary Margaret Chappell
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Switch up your morning routine with one of these easy recipes for vegan breakfast burritos and wraps. We've drawn flavor inspiration from around the world and encourage you to take creative liberties with the ingredients you tuck inside these tasty wraps. Finding the right ratio of creamy elements (such as mashed beans or crumbled tofu), crunchy elements (like corn or cabbage), and sauces (think guacamole or plant-based mayo) ensures a perfectly balanced vegan breakfast burrito that fills you up and fuels you for the day ahead.

Click below to jump to a specific recipe, and check out our tips for rolling up a wrap like a pro:

- [Spicy Spinach Breakfast Burrito](#)
- [Holiday Leftovers Wrap](#)
- [Scrambled Tofu Burrito](#)
- [Kimchi Breakfast Burrito](#)
- [Lentil Breakfast Sausage Roll-Up](#)
- [Cauliflower Rancheros Burrito](#)
- [Chunky Chickpea Wrap](#)
- [Sweet Potato Berry Breakfast Wrap](#)
- [Spinach and Mushroom Roll-Up](#)
- [How to Roll Like a Pro](#)

Spicy Spinach Breakfast Burrito

Sauté ½ cup chopped shallot in 1 tablespoon water until tender. Add 5 oz. frozen spinach, ¼ cup frozen corn kernels, and several drops of hot sauce. Cover and cook for 7 to 8 minutes. Roll in a 10-inch whole grain tortilla with ¼ cup cooked kidney beans and 2 tablespoons of prepared mango salsa.

Holiday Leftovers Wrap



Stir 2 tablespoons of prepared salsa into ½ cup mashed butternut squash or sweet potato. Roll in a 10-inch whole grain tortilla with ¼ cup cooked wild rice, ¼ cup chopped cooked Brussels sprouts (or other greens), and 1 tablespoon dried cranberries (or cranberry sauce!).

Scrambled Tofu Burrito

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In a microwave-safe bowl, mash $\frac{1}{4}$ cup firm silken tofu with $\frac{1}{4}$ teaspoon onion powder, $\frac{1}{4}$ teaspoon garlic powder, and a pinch of ground turmeric. Microwave 2 minutes, then spread tofu mixture in a line along the bottom third of an 8-inch whole grain tortilla. Top with 2 tablespoons of prepared salsa and 2 tablespoons cooked or canned (rinsed and drained) black beans.

Kimchi Breakfast Burrito



Mash $\frac{1}{2}$ cup drained, firm tofu with 2 tablespoons chopped scallion, 1 teaspoon soy sauce, $\frac{1}{4}$ teaspoon grated fresh ginger, and a shake of garlic powder. Roll in a 10-inch whole grain tortilla with $\frac{1}{2}$ cup broccoli slaw, 4 pear slices, 1 tablespoon chopped peanuts, and 1 tablespoon kimchi.

Lentil Breakfast Sausage Roll-Up

In a saucepan combine $\frac{3}{4}$ cup cooked lentils, $\frac{1}{4}$ cup water, 1 teaspoon rubbed fresh sage, $\frac{1}{2}$ teaspoon dried marjoram, and a pinch crushed red pepper; bring to

simmering and cook, covered, 10 minutes. Spoon lentil mixture along the bottom third of an 8-inch whole grain tortilla. Top with roasted squash or other roasted vegetables.

Cauliflower Rancheros Burrito

Combine $\frac{3}{4}$ cup small cauliflower florets, $\frac{1}{2}$ cup diced tomato, $\frac{1}{4}$ cup sliced onion, and 1 teaspoon chili powder in a medium saucepan. Cook over medium-low 15 minutes or until the cauliflower is tender. Roll in an 8-inch whole grain tortilla with $\frac{1}{4}$ cup cooked brown rice and 3 tablespoons of prepared salsa.

Chunky Chickpea Wrap

Mash $\frac{1}{2}$ cup cooked chickpeas with 1 tablespoon chopped scallion, 1 tablespoon chopped fresh cilantro, and 1 teaspoon lime juice. Roll in a 10-inch whole grain tortilla with $\frac{1}{4}$ cup grated carrot, $\frac{1}{4}$ cup diced avocado,

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and 2 tablespoons of prepared salsa.

Sweet Potato Berry Breakfast Wrap

In a small bowl stir together $\frac{1}{2}$ cup mashed sweet potato, $\frac{1}{8}$ teaspoon ground cinnamon, $\frac{1}{8}$ teaspoon ground ginger, $\frac{1}{8}$ teaspoon ground nutmeg, and a pinch ground cloves. Microwave 1 minute. Let cool slightly, then spread mixture on an 8-inch whole grain tortilla. Top with $\frac{1}{2}$ cup mixed berries.

Spinach and Mushroom Roll-Up

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In a skillet combine 2 cups quartered button mushrooms, ¼ cup sliced onion, and 3 tablespoons water; cook, covered, over medium 10 minutes or until mushrooms are tender. Arrange ⅓ cup baby spinach leaves in the center of an 8-inch whole grain tortilla; top with 3 thin tomato slices and mushroom mixture. Sprinkle with nutritional yeast.

1. After softening and warming the tortilla in a dry skillet over medium heat, spread any smooth toppings (if using) over the entire tortilla, leaving a 1½-inch border.

How to Roll Like a Pro

Do your wraps and burritos always seem to fall apart? Here are some tips for keeping things tidy.

(continued)

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2. Pile solid toppings on bottom half of tortilla, leaving a 2- to 3-inch fold-over flap area at the bottom.

3. Fold in tortilla sides and hold them in place with fingers.

(continued)

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4. Fold bottom flap up to secure folded-in sides.

5. Roll it up and enjoy!