Breakfast

Breakfast Pizza on a Crisp Wrap

A thin wrap base turns crisp in the oven, loaded with passata, melted cheese, bacon and colourful toppings for a quick breakfast pizza.

15 min	275	11.9 g	5.3 g
time	calories	carbs	sugars



Nut free

Ingredients, 1 serving

- [ ] 1 Simson's Pantry Low Carb wrap
- [ ] 1 heaped tablespoon tomato passata or tomato paste, no added salt
- [ ] ¼ cup grated cheese (mozzarella or tasty)
- [ ] ¼ cup baby spinach, shredded
- [ ] ¼ cup tomato, diced
- [ ] ½ cup mushrooms sliced
- [ ] ½ slice short cut bacon, chopped
- [ ] Salt & pepper to taste
- [ ] Shredded basil leaves

Method

- [ ] **1** Heat a fan-forced oven to 200°C, or set an air fryer to 180°C.
- [ ] **2** Lay the Simson's Pantry Low Carb wrap on a baking tray lined with baking paper.
- [ ] **3** Spread a heaped tablespoon of tomato passata or tomato paste with no added salt evenly over the wrap.
- [ ] **4** Scatter half of the grated cheese across the base.
- [ ] **5** Arrange the shredded baby spinach, diced tomato, sliced mushrooms and chopped short cut bacon over the top.
- [ ] **6** Add salt and pepper to taste.
- [ ] **7** Cover with the rest of the grated cheese and the shredded basil leaves.
- [ ] **8** Bake for 5-6 minutes, until the cheese has melted and the edges of the wrap turn crisp.

Nutrition Facts

Per serving

Calories	**275**
Total fat	11.5 g
Saturated fat	6.6 g
Sodium	569 mg
Total carbs	11.9 g
Fiber	10.4 g
Total sugars	5.3 g
Protein	25 g

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