Breakfast

Breakfast Veggie Pizza on a Wrap

A thin wrap base bakes up crisp and holds a layer of tomato passata, melted cheese, mushrooms, spinach, olives and basil for a quick morning meal.

20 min	280	12 g	5.2 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
- [ ] 1 tablespoon olives, sliced
- [ ] Salt & pepper to taste
- [ ] Basil leaves

Method

- [ ] **1** Heat the oven to 200°C fan-forced, or preheat an air fryer to 180°C.
- [ ] **2** Set the low carb wrap on a baking tray lined with baking paper.
- [ ] **3** Spread the tomato passata or paste evenly over the wrap.
- [ ] **4** Scatter half of the grated cheese over the sauce.
- [ ] **5** Layer on the shredded baby spinach, diced tomato, sliced mushrooms and sliced olives.
- [ ] **6** Season with salt and pepper to taste.
- [ ] **7** Finish with the remaining grated cheese and the basil leaves on top.
- [ ] **8** Cook for 5-6 minutes, until the cheese has melted and the edges turn crisp.

Nutrition Facts

Per serving

Calories	**280**
Total fat	12.7 g
Saturated fat	6.6 g
Sodium	560 mg
Total carbs	12 g
Fiber	10.6 g
Total sugars	5.2 g
Protein	23 g

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