Breakfast

Cheesy Egg and Avocado Breakfast Wrap

Fluffy pan-cooked eggs topped with melting cheddar are rolled into a soft wrap with creamy avocado, tomato and spinach for a quick morning meal.



Nut free

15 min	363	28.3 g	4.8 g
time	calories	carbs	sugars

Ingredients, 1 serving

- [ ] 2 large eggs
- [ ] 1 tbsp milk of your choice
- [ ] Salt and pepper, to taste
- [ ] 1 teaspoon olive oil
- [ ] Sprinkling of cheddar cheese, reduced fat
- [ ] 1/4 avocado, sliced
- [ ] ½ small tomato, thinly sliced
- [ ] 1 tbsp chopped baby spinach
- [ ] 1 low carb wrap bread

Method

- [ ] **1** Crack the 2 large eggs into a bowl, add the 1 tbsp milk of your choice, season with salt and pepper, to taste, and whisk until smooth.
- [ ] **2** Heat the 1 teaspoon olive oil in a nonstick frying pan over medium heat.
- [ ] **3** Pour in the egg mixture and cook for a few minutes, tilting the pan so it forms a round shape similar in size to the wrap.
- [ ] **4** Sprinkle a sprinkling of cheddar cheese, reduced fat, over the eggs and let it melt as the eggs finish setting.
- [ ] **5** Slide the cheesy egg out of the pan and onto a plate, then briefly warm the 1 low carb wrap bread in the same pan until pliable.
- [ ] **6** Lay the wrap flat and scatter over the 1 tbsp chopped baby spinach and the ½ small tomato, thinly sliced.
- [ ] **7** Top with the cheesy egg, then add the 1/4 avocado, sliced, down the centre.
- [ ] **8** Roll the wrap up tightly, slice in half if you like and serve right away.

Nutrition Facts

Per serving

Calories	**363**
Total fat	22.6 g
Saturated fat	6.9 g
Sodium	460 mg
Total carbs	28.3 g
Fiber	Not listed
Total sugars	4.8 g
Protein	26 g

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