Breakfast

Cheesy Scrambled Egg and Avocado Wrap

Softly scrambled eggs folded with melted cheese and baby spinach are rolled into a warm wrap with creamy avocado and tomato slices.



Nut free

8 min	363	9.3 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 or feta cheese, reduced fat
- [ ] 1/4 avocado, sliced
- [ ] ½ small tomato, thinly sliced
- [ ] 1 tbsp chopped baby spinach
- [ ] 1 low carb wrap bread

Method

- [ ] **1** Whisk the 2 large eggs with 1 tbsp of milk of your choice, salt, and pepper in a small bowl.
- [ ] **2** Heat 1 teaspoon of olive oil in a nonstick frying pan over medium heat, pour in the egg mixture, and stir gently until the eggs are softly scrambled.
- [ ] **3** Stir in a sprinkling of shredded reduced fat cheddar or feta cheese along with the chopped baby spinach and cook for 30 seconds more, until the cheese melts.
- [ ] **4** Microwave the low carb wrap bread for 10 seconds so it bends easily without cracking.
- [ ] **5** Spoon the scrambled egg into the centre of the wrap bread and arrange the sliced avocado and thinly sliced tomato on top.
- [ ] **6** Fold in the sides and roll the wrap up tightly.

Nutrition Facts

Per serving

Calories	**363**
Total fat	22.6 g
Saturated fat	6.9 g
Sodium	460 mg
Total carbs	9.3 g
Fiber	9.9 g
Total sugars	4.8 g
Protein	26 g

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