Breakfast

Egg and Avocado Breakfast Wraps

Soft scrambled eggs flecked with wilted baby spinach are rolled into warm wraps with creamy mashed avocado, juicy tomato and a sprinkle of cheddar. A quick toast at the end gives the outside a lightly crisp finish.



Nut free

20 min	356	9.5 g	3.4 g
time	calories	carbs	sugars

Ingredients, 2 servings

- [ ] 2 low-carb wraps
- [ ] 4 large eggs
- [ ] 2 tablespoons cottage cheese or Greek yoghurt, reduced fat
- [ ] ½ cup baby spinach, chopped
- [ ] ½ small avocado, roughly mashed
- [ ] 2 tablespoons shredded light cheddar cheese (optional)
- [ ] 1 small tomato, diced
- [ ] 1 teaspoon of olive oil
- [ ] Salt and pepper

Method

- [ ] **1** Pour 1 teaspoon of olive oil into a non-stick pan and place it over the heat.
- [ ] **2** Whisk 4 large eggs together with 2 tablespoons of reduced fat cottage cheese or Greek yoghurt in a bowl, then pour the mixture into the warm pan and scramble gently until just set.
- [ ] **3** Stir in ½ cup of chopped baby spinach and cook until wilted, then season with salt and pepper.
- [ ] **4** Warm 2 low-carb wraps in a dry pan or microwave for 15 seconds.
- [ ] **5** Divide the roughly mashed ½ small avocado between the wraps, spoon on the scrambled egg mixture, scatter the diced small tomato and sprinkle with 2 tablespoons of shredded light cheddar cheese if using.
- [ ] **6** Fold and roll each wrap into a burrito, then toast the wrapped burritos in the pan seam-side down for 1-2 minutes for a crispy finish.

Nutrition Facts

Per serving

Calories	**356**
Total fat	20.1 g
Saturated fat	6.8 g
Sodium	537 mg
Total carbs	9.5 g
Fiber	10.1 g
Total sugars	3.4 g
Protein	28 g

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