



Busy Breakfast Wrap

The Ingredients

- 1 Whole Wheat wrap
- 1 egg
- Splash of milk or water
- pinch of shredded cheddar cheese
- 6 spinach leaves (ish)
- salt and pepper
- 1 tbsp salsa

The Method

- Crack egg into microwavable coffee mug.
- Pour in splash of milk or water, cheddar cheese, spinach and salt/pepper.
- Stir well and microwave for 60-90 seconds until cooked.
- Place wrap on plate, Pour egg cup onto wrap and chop up with a fork to spread out.
- Add salsa and serve. Can also add beans, guacamole, turkey sausage, etc.

The Nutrition

Kcal: 407

Fiber: 8 g

Saturated fat: 7.5 g

Protein: 25 g

Added sugars: 1 g