

# BREAKFAST WRAP

**SERVE: 1 | PREP TIME: 5 MINUTES | COOK: 5 MINS**

## INGREDIENTS

- 1 mission low GI + protein wrap
- 2 fresh eggs
- 1 tbsp of grated cheese
- 1/2 punnet of cherry tomatoes, washed then sliced in half
- 1/2 cup of baby spinach
- 1/2 avocado, sliced



## METHOD

1. Crack 2 eggs into a small bowl with a splash of water (~1 tbsp) and whisk with a fork until the white and yolk are combined. Stir through the tasty cheese
2. Heat a fry pan over a high heat (with a splash of extra virgin olive oil if you aren't using a non-stick pan). Once hot, pour in the egg mix, pushing around the pan with a spatula until scrambled and cooked to your liking. Remove from the heat
3. Prepare your wrap by spreading with avocado first, then top with the baby spinach, sliced cherry tomatoes and scrambled egg.
4. Roll up your wrap and enjoy!

Tips: although this wrap is really quick to bring together, you may want to prepare it the night before if you know you have a busy morning the next day. In this circumstance, wrap it up in foil, then in the morning you can heat it up in a sandwich press for 1-2 minutes or until warmed through then enjoy. You can also enjoy it cold the next day!

Additionally, if you don't like raw spinach, feel free to cook the spinach in the pan with the eggs as this reduces the volume significantly and you'll hardly notice it in your wrap!

Some sauces or flavour you can add to this if you want more flavour include: fresh chilli or dried chilli, sriracha sauce, tobasco sauce, fresh herbs such as coriander or spring onions.

You could also replace the tasty cheese with feta for more of a mediterranean style flavour.