



High Protein Brunch Wrap

2 servings

10 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 4 cups Baby Spinach
- 4 Egg (whisked)
- 2 Whole Wheat Tortilla (large)
- 1/4 cup Sun Dried Tomatoes (chopped)
- 1/4 cup Feta Cheese (crumbled)

Nutrition

Amount per serving	
Calories	371
Fat	20g
Saturated	8g
Carbs	26g
Protein	22g
Cholesterol	389mg

Directions

- 1 Heat the oil a large pan over medium-low heat. Once warm, add the spinach and cook until just wilted, about one to two minutes. Remove and set aside.
- 2 In the same pan add the whisked eggs and season with salt and pepper and until set and fluffy. Remove and set aside with the spinach.
- 3 Lay the tortilla on a flat surface and add the spinach, eggs, tomatoes and feta. Roll tightly, tucking in all sides.
- 4 When ready to eat, toast wrap in a pan over medium-low heat or sandwich press. Enjoy!

Notes

Leftovers: Wrap in foil and refrigerate for up to two days.

Optional Extras: Add grated cheese or avocado for extra flavour!