

Bacon, Egg & Avocado Breakfast Wraps

2 SERVINGS 5 MINUTES



INGREDIENTS

4 Egg
Sea Salt & Black Pepper (to taste)
1/2 tsp Butter
2 Brown Rice Tortilla
4 slices Bacon, Cooked (chopped)
1/2 Avocado (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	471	Cholesterol	392mg
Fat	27g	Sodium	671mg
Carbs	32g	Vitamin A	649IU
Fiber	6g	Vitamin C	5mg
Sugar	4g	Calcium	64mg
Protein	22g	Iron	3mg

DIRECTIONS

- 01 Crack the eggs into a bowl and whisk well. Season with salt and pepper.
- 02 Heat a skillet over medium-low heat and once hot, add the butter. Once melted, add the eggs to the pan and move them around with a spatula continuously. Keep pushing the eggs around the skillet until fluffy and cooked to your desired consistency.
- 03 Add the eggs to the tortilla along with bacon and avocado. Wrap and repeat with any remaining tortillas. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately after cooking.

SERVING SIZE

One serving is equal to one wrap.

DAIRY-FREE

Use avocado oil instead of butter.

MORE FLAVOR

Add spices to the eggs while cooking. Add extra greens such as spinach or arugula to the wrap.

MAKE IT VEGAN

Use a tofu scramble and vegan bacon.