

EGG WHITE TORTILLA



INGREDIENTS:

- 1 cup egg whites
- 2 tbsp unsweetened* protein powder
- Optional: dash of salt

DIRECTIONS:

VEGETARIAN

1. Place ingredients in a blender
2. Blend until foam forms
3. Heat a 5-6 inch non-stick pan on medium heat. Spray with cooking oil
4. Turn heat to medium-low heat
5. Pour 1/3 cup of the mixture onto warm pan, cook one side for ~1-2 minutes. Bubbles will start to form. Flip and cook on the other side for 1 minute
6. Spray the pan with cooking spray for each tortilla to avoid any sticking
7. Fill with toppings of choice. (On picture: cheddar cheese, avocado, mini bell peppers, and sprouts)

Enjoy!

*Use vanilla powder for a sweet tortilla

Makes 2 Servings | Serving Size: 2 Tortillas
Calories: 69 | Protein: 14 g | Carb: 2 g | Fat: 0 g | Fiber: 0