



SPINACH BREAKFAST WRAP

INGREDIENTS:

- 1 cup 2% cottage cheese
- 1 egg
- 1 egg white
- 1/2 oz spinach

Filling:

- 1 egg
- 1/4 cup egg white
- 1 oz avocado
- Optional: Filling spinach and tomatoes

DIRECTIONS:

1. Pre heat oven to 350
2. Line a baking sheet with parchment paper and spray with cooking oil
3. Blend the cottage cheese, egg, egg white, spinach until smooth
4. Slowly pour the mixture on the parchment paper, spread the mixture. Should be ~ 1/2 inch thick at the center, don't spread too thin. Sprinkle everything but the bagel seasoning
5. Bake for 35-40 minutes. Allow to cool completely after baking before removing from the sheet pan
6. Fill with egg, egg whites, spinach, avocado, and optional veggies

Enjoy!



Makes 2 Servings | Serving Size: 1/2 Wrap + Filling
Calories: 297 | Protein: 30 g | Carb: 10 g | Fat: 15 g | Fiber: 2 g