FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Cheesy Eggy Wrap



Serves	Prep Time	Cooking	Total Time	Calories
1 person				**386 kcal**

Stuff that's in it:

• 1 Tortilla Wrap

• 2 Eggs

• 40G Eat Lean Cheese (Sliced)

• Rocket

• 1 Red Onion (Finely Sliced)

What you do:

Scramble your egg in a Pyrex bowl (microwave safe) pop in the microwave for around 1.30 mins, stiring half way through, until fluffy, careful not to over cook it. Place your cheese on the wrap and pop into the microwave for 30 seconds or until melted. Add your egg, rocket and onion, wrap and roll, then slice In half.

Quick and tasty!

Nutrition

• Carbs: 33g

• Fat: 13g

• Protein: 33g

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