

# Turkey and Egg White Toasted Grain Flatbread



Serves	Prep Time	Cooking	Total Time	Calories
<b>1 person</b>				<b>252 kcal</b>

### Stuff that's in it:

- 87G Egg Whites
- 47G Slice Beef Tomato
- Baby Tomatoes (Sliced)
- Chestnut Mushrooms (Sliced)
- Spinach
- 2 Smiled Turkey Rashers
- 1 Multigrain Flatbread ((Fibre))
- Thumb Of Oil

### What you do:

Gently fry/grill your rashers for 90 seconds each side. Fry your mushroom, spinach and tomatoes with a thumb of oil, remove them. Fry the beef tomato each side for a minute. Pop your flat bread in the toaster.

Microwave your egg white for 1min 30 seconds.

Stuff your flat bread and add sauce of your choice

### Nutrition

- Protein: 27g

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