

Veggie Delight Wrap

Prep + Cook Time: 10-15 mins Serves: 4

4 whole eggs
4 egg whites
Salt & pepper
¼ can (100g) red kidney beans, drained & rinsed
¼ cup corn kernels
1 tomato, finely diced
½ avocado, finely diced
½ cup salsa
Baby spinach leaves
Coriander leaves
4 mountain bread wraps

- In a bowl whisk the eggs, salt and pepper.
- Heat a non-stick frying pan and spray with a little oil. Add the eggs and cook gently until lightly scrambled.
- Lay the wraps open. Divide the eggs between the wraps. Top with the beans, corn, tomato and avocado. Add a little salsa.
- Finish with a handful of spinach and coriander leaves.

Nutritional Information Per Serve

Calories 222 | KJ's 932 | Carbs 24 | Fat 7 | Protein 15 | Fibre 4
Carbs 43% | Fat 30% | Protein 27%

Comments

Full of protein, lots of fresh vegetables and good quality carbs this is a fantastic breakfast after a hard session.