

Egg White Salsa Wrap



Ingredients

For 1 wrap

- 5g Coconut Oil (1 tsp)
- 100-150g Egg Whites
(Scramble or create patty)
- 15-20g Baby Spinach
- Pink Himalayan Salt
- Ground Black Pepper
- 30-40g Salsa
- 30-40g Light Cheese
- Medium Sized Wrap or

2 small wraps *(Protein Up, Tomato & Salsa, Spinach, gluten free, mix it up!)*

Directions

1. Measure coconut oil and add to pan, let pan warm up then add measured egg whites, and baby spinach
2. Before egg whites are ready to be flipped or slightly cooked, add the cheese and salt, pepper!
3. Add salsa and spread on wrap then top with egg
4. You can fry or grill the wrap after you put it together for crispier wrap crust!

