

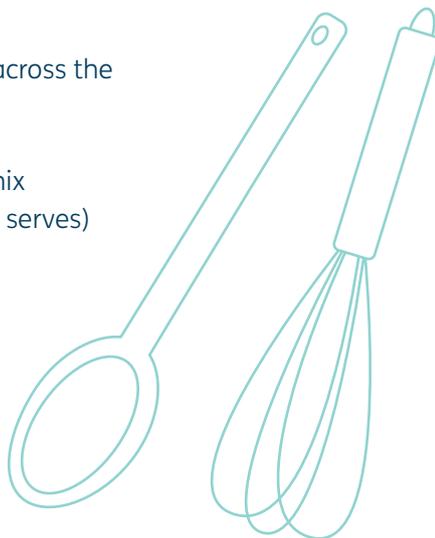
Breakfast wrap



Makes 1

Ingredients

- 1 10-inch flour tortilla
- 1 dessert spoon pesto, spread across the middle to top of wrap
- 50g cooked mushrooms
- One sixth of a scrambled egg mix (9 eggs + $\frac{3}{4}$ cup milk - makes 6 serves)
- 20g spinach



“ The breakfast wrap contains a serve of vegetables and a complete protein source, but without added saturated fat. Choosing to have some vegetables at breakfast makes a great contribution to achieving your 5 serves of vegetables a day, and this wrap does so in a warm and tasty way. Making sure the tortilla is made from wholemeal flour – this will help keep you feeling fuller for longer as well.

Mary du Heaume
Dietitian APD
HBF Member Health Coach

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Nutrition information

Servings per recipe: 1 | Serving size: 200 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	1030 kJ	514 kJ
Protein	16.9 g	8.5 g
Fat, total	10.3 g	5.2 g
- saturated	3.3 g	1.6 g
Carbohydrate	19.9 g	9.9 g
- sugars	3.8 g	1.9 g
Sodium	289 mg	144 mg

Recipes provided by Leap Café Perth. Leap Café specialises in healthy, fresh, and nutritionally balanced food.

For more healthy recipes please visit hbffitness.com.au

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