

Veggie Breakfast Wrap

Start your day with a nutritious and delicious veggie breakfast wrap filled with colorful vegetables and creamy avocado.


15 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- 1 whole wheat tortilla
- 2 eggs
- 1/4 red bell pepper, sliced
- 1/4 yellow bell pepper, sliced
- 1/4 cup spinach
- 1/4 avocado, sliced
- Salt and pepper to taste
- Salsa (optional, for serving)

Steps

- 1 In a small bowl, whisk the eggs and season with salt and pepper.
- 2 Heat a non-stick pan over medium heat and pour in the whisked eggs, scrambling them until cooked through.
- 3 Place the cooked eggs in the center of the whole wheat tortilla.
- 4 Arrange the sliced red and yellow bell peppers, spinach, and avocado on top of the eggs.
- 5 Fold the sides of the tortilla over the filling to form a wrap.
- 6 Optional: Serve with a side of salsa for an extra kick.
- 7 Enjoy your veggie breakfast wrap!