

# Egg and Turkey Bacon Low Carb Wrap

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## Ingredients:

- 100g liquid scrambled eggs
- 2 slices of turkey bacon
- 1 whole low carb whole wheat lavash bread



Just because you're eating healthily doesn't mean you can't enjoy a beautiful cooked breakfast! Here we have a mouthwateringly guilt-free egg and turkey bacon wrap with an impressively low amount of carbs.

## Cooking method

- 1 Pre heat your frying pan and cook the scrambled eggs into an omelette.
- 2 Pre heat the grill and cook the two pieces of turkey bacon.
- 3 When both are fully cooked, place them on top of the lavash bread.
- 4 Fold the shorter end up and roll the wrap up.
- 5 Place the wrap back onto the frying pan, turning it over after about one minute.
- 6 Once toasted on both sides, take your wrap out of the pan and serve.

## Serves: 1

**273**  
CALORIES

**27g**  
PROTEIN

**20g**  
CARBS

**11g**  
FAT

