

avocado, spinach, tomato and egg wrap

 SERVES 1 person

 PREP TIME 5 mins

 COOK TIME 0 mins

PER SERVE

Calories 250 Cal (or 1046 kJ)

Fat 12.8 g

Saturated fat 3.6g

Protein 9.1g

Carbohydrate 25.9g

Sugars 2.8g

Fibre 3.7g

Cholesterol 215mg

Sodium 475mg

- 1 gluten-free wrap (Mission brand - 49 g)
- 1 tablespoon avocado
- 10g rocket
- 1/2 tomato sliced
- 1 hard boiled egg sliced (50 g raw with shell)



Place the wrap onto a clean work surface. Spread wrap with the avocado, top with the rocket, tomato and sliced egg. Wrap up and serve.

Note: lower the calorie count by using a wrap or bread with less carbohydrates/calories e.g. Old El Paso light tortilla wrap (40g) 233 Cal (or 977 kJ) or 1 piece of rye mountain break (25g) 188 Cal (or 789 kJ)

Swap: you can swap out the egg for tuna (95g)

250 CALORIES

AVOCADO

SPINACH

EGG

BREAKFAST

SNACK