



## Quick breakfast wrap

Deliciousness in a wrap. Super quick too, with the carbohydrate from the banana nicely balanced out with fat and protein from the remaining ingredients. You could make a few wraps at the start of the week and breakfast would be sorted. Serves 1. Per serve: Cal: 335; Fat: 21g; Pro: 19g; Carbs: 13g

**Serves: 1, Prep time: 00:05, Cook time: 00:08**

## Instructions

Preheat oven to 150 degrees and line a small baking tray or dish with paper.

Whisk eggs with the chia seeds and leave sitting for a few minutes.

Pour onto the dish and bake in the oven for around 6-8 minutes until cooked.

Let cool and spread with peanut butter, and use fork to mash banana, wrapping it up like a sushi roll.

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Can use any type of nut or seed butter, or use cream cheese instead.

Other fillings:

- Cottage cheese and pesto
- Avocado and tomato
- Streaky bacon or ham and spinach
- Cottage cheese and grated apple

## Ingredients

- 2 Eggs
- 1 tablespoon Chia seeds
- 0.5 Banana, yellow, small
- 1 tablespoon Peanut butter