

Breakfast Pinwheels



Fast Facts

- Eggs are high in protein and support satiety.
- It's best to spread protein throughout the day.
- Eggs contain vitamins, minerals, and healthy fats.
- Great as a refueling snack!

Ingredients

- 1 12-inch whole wheat tortilla
- 2 large eggs
- 1 tablespoon 1% milk or milk alternative
- 1/2 cup chopped spinach
- 2 oz. feta or cheddar cheese
- pepper to taste
- salsa or hot sauce (optional)

Directions

- Chop spinach and whisk eggs in a bowl.
- Microwave egg mixture in a bowl for 90 seconds. Stir every 30 seconds.
- Top eggs with cheese.
- Place cooked eggs onto a whole wheat tortilla.
- Sprinkle with pepper, and spinach.
- Roll tortilla tightly, microwave for 20 seconds.
- Cut into six even pieces.

Top Tips

- If spinach isn't your thing, swap it out for bell peppers and onions!
- Pair with fruit like apples or bananas to make an even more complete meal/snack. This also improves the carb-to-protein ratio.
- Wrap in foil and refrigerate or freeze for later!

Recipe Adapted from: <https://www.macheesmo.com/breakfast-pinwheels/> and <https://www.buzzfeed.com/amphtml/rachelysanders/let-this-sandwich-light-the-way>