

Breakfast Wraps (provides healthy carbs, protein, vegetables)

Each kitchen member gets one tortilla

Each kitchen member gets two eggs

Choose toppings

Cheese, bacon, peppers, mushrooms, tomatoes, onions

Scramble all the eggs together and cook them at medium heat in a skillet until set. You can add your veggies and protein in the eggs while you are cooking them or add in at the end. Place all toppings on the tortilla and roll up, and ENJOY!!!!