

Egg, avocado, spinach and tomato wrap

Cooking Time: 10 minutes Serves 4

Ingredients

- Canola oil spray
- 4 eggs
- 4 sheets wholemeal lavash bread
- 2 tablespoons reduced fat cream cheese
- 50g baby spinach leaves, washed
- 1 large avocado, sliced
- 2 vine ripened tomatoes, sliced
- Cracked black pepper, to taste



Image: Louise Lister

Method

1. Spray a non-stick fry pan lightly with canola spray. Heat the pan, add the eggs and fry until done to your liking, remembering that they will cook further in the sandwich press.
2. While the eggs are cooking lay the lavash out on a clean surface. Divide the cream cheese among the four pieces and spread along the centre.
3. Top with the spinach, avocado, tomato and egg and season with pepper.
4. Roll up, then place in a ridged sandwich press and toast until crisp and heated through.

Try our apple and cinnamon breakky muffins.

Recipe: Jody Vassallo via www.heartfoundation.org.au