

# Power Up Protein Wrap

Servings: 1

RECIPE BOX

## INGREDIENTS

2 EGGS  
1 SMALL WHOLE GRAIN TORTILLA  
1/2 CUP COOKED CHICKEN  
1/4 CUP SLICED MUSHROOMS  
1/4 CUP SLICED BELL PEPPERS  
1 TBSP NUTRITIONAL YEAST



## DIRECTIONS

**STEP 1:** Heat skillet on medium- high heat.

**STEP 2:** Combine eggs, mushrooms, peppers, and chicken. Cook until egg is set.

**STEP 3:** Place egg mixture into tortilla, top with nutritional yeast and wrap.



Serve without the wrap and add an extra egg to the mix to make up for the calories.



This recipe is gluten free as written.

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Nutrition per Serving: Calories 395, Total Fat 14g, Carbs 28g, Protein 37.2g, Fiber 4.6g, Sugars 4.5g.