

BREAKFAST TACO



INGREDIENTS:

- 1 low carb tortilla (~70 cal)
- 1/2 cup egg whites
- 1 oz low fat cheese
- 5 grape tomatoes
- Optional: cilantro

DIRECTIONS:

1. Spray a pan with cooking oil
 2. Place cheese on the pan. Once cheese is melted add egg whites.
 3. Flip the egg white pancake
 4. Place the egg whites on the tortilla. Place on the pan until toasted.
 5. Add sliced tomatoes and cilantro
- Enjoy!

Makes 1 Serving

Calories: 235 | Protein: 25 g | Carb: 25 g | Fat: 9 g | Fiber: 16 g