

Easy Breakfast Roll Ups



Preparation time: 20 mins

Serves: 2 people

User Rating: ★★★★★

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Categories: Lunchboxes & Snacks, Kid Friendly



Ingredients

- 2 eggs
- 1 tbs cold water
- 2 slices cheddar cheese
- 2 slices of ham
- A handful of baby spinach leaves

Method

1. In a small bowl beat together egg and water until combined.
2. Heat a medium sized non-stick pan on medium-low heat and pour in the egg mixture.

3. Gently swirl the pan to ensure the mixture covers the entire pan. When the egg is cooked on the bottom but still slightly wet on top, flip the egg using a spatula. When the underneath has cooked remove the pan from the heat and place omelette onto a chopping board.
4. Along the centre add the slices of cheese and ham. Then top with the baby spinach.
5. Starting from the edge gently roll the egg and fillings so that they're all packed firmly.
6. Chop the roll up and serve.

Notes

Optional fillings can include: avocado, sliced chicken, tomatoes, shredded carrots.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre	Vitamin D
118g	781kj 187kcal	17g	12.4g	6.1g	0.8g	0.5g	552mg	0.7g	3.4µg

All nutrition values are per serve.