



Avocado Egg Wrap

Quick and light bites have definitely been the go-to lately, so when we came across The Pure Wraps organic coconut wrap, we were struck with inspiration! Finally, we could shelve that hankering for breakfast tacos and substitute it for something low-carb, low-calorie, and high-gratification!

Ingredients:

- (1) The Pure Wraps Organic Coconut Wrap
- 1 tbsp spreadable cream cheese
- 1 slice of bacon, cooked and crumbled
- 1 egg scrambled
- 3 avocado slices
- Diced tomatoes to taste
- Freshly chopped spinach to taste

Directions:

- Spread cream cheese on Pure Wrap Organic Coconut Wrap all the way to the edges!
- In the middle of the wrap, add bacon, eggs, avocado, and tomatoes
- Roll up and enjoy!

“The body achieves what the mind believes.”

