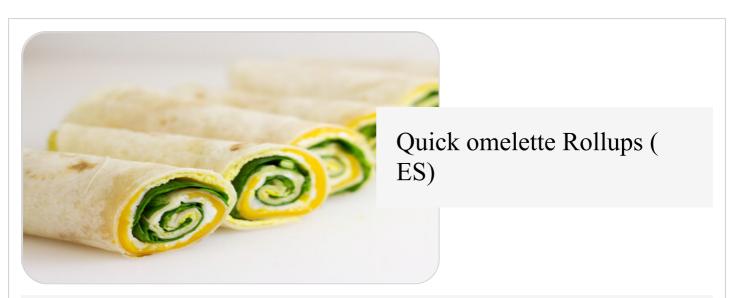


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Serving: 1 Non Veg

Ingredients

- 1- Egg whole
- 1- Egg whites
- 1 tbsp Milk
- 1 tsp Olive oil
- Salt to taste
- Black pepper to taste
- Whole wheat tortila -1
- Baby spinach 10-12 leaves
- cheddar cheese 1 tsp

Preparation Method

- For Omellete: Take a bowl crack the egg whole + 1 egg whites, add 1 tbsp milk, salt and pepper, mix it well.
- In a medium non-stick skillet over medium heat, melt butter. Pour in eggs and tilt pan so eggs fully cover the entire pan. As eggs start to set, use a rubber spatula to drag cooked edges into center of pan. Tilt pan to let uncooked egg fall to the edge of the pan.
- Place on one of the tortila . top the omellete with spinach , sprinkle cheddar cheese on it .
- Roll up to enclose filling. Serve immediately.