

High-Protein Breakfast Pizza

WHOLE-FOOD RECIPE | NO ADDED SUGAR



Prep:
10 min

Cook:
10 min

Serves:
1

INGREDIENTS

- 1 clean-ingredient lower-carb wrap
- 3 organic mozzarella cheese sticks or mozzarella strips
- 2 organic eggs
- 20 g organic shredded mozzarella, cheddar or goat cheese
- 60 g organic cherry tomatoes, halved
- Everything Bagel seasoning, or a simple mix of sesame seeds, sea salt, dried garlic and dried onion
- Optional: 50-100 g organic full-fat cottage cheese
- Optional: baby spinach, mushrooms, fresh basil or cooked organic chicken

Ingredient note

Use organic ingredients whenever possible. Choose whole-food ingredients without added sugar, fillers, preservatives or artificial ingredients.

INSTRUCTIONS

1. Preheat oven to 390°F (200°C).
2. Place the mozzarella sticks or strips around the outside edge of the wrap.
3. Fold the edge of the wrap over the cheese and secure with toothpicks to create a stuffed crust.
4. If using cottage cheese, spread it evenly over the centre of the wrap.
5. Crack the eggs into the middle.
6. Sprinkle with shredded cheese and add the cherry tomatoes.
7. Season with Everything Bagel seasoning or the simple seasoning blend.
8. Bake for approximately 10 minutes, or until the egg whites are set and the yolks are cooked to your preference.

VICTORIA'S TIP

Choose the cleanest wrap you can find, ideally one with simple ingredients and no artificial preservatives. If I want this to be extra satisfying, I add a layer of organic full-fat cottage cheese before the eggs. It makes the centre creamy and gives the meal more staying power.

APPROXIMATE NUTRITION

Nutrient Base Version With 100 g Cottage Cheese Calories
540 640 Protein 37 g

RECIPE PAGE - LIGHT BITES

stopsugarcrave.com/recipes-light

Scan the QR code to return to the recipe collection.

