

# Brekkie Pizza Pocket

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↑↓ Servings: 4 portion meal



## NUTRITION (per serving)

CALORIES	PROTEIN	FATS	CARBS	FIBER
126 kcal	8 g	4 g	14 g	1 g



PREP TIME  
10 mins



COURSE  
Breakfast

## INGREDIENTS

- 1 Egg
- 3 Egg Whites
- 1 Oz Diced Meat
- 1 Oz Shredded Cheese
- 1 Pita Bread
- 1 Apple or pear

## INSTRUCTIONS

1. Spray frypan with spray oil. Begin heating over medium to high heat
2. Add your eggs, diced meat and cheese. Scramble mixture until desired amount of 'doneness'.
3. Remove immediately and place into your pita bread pocket.
4. Wrap in paper towel and enjoy!

**Nutritional Values are for a Single Portion. If you follow the recipe you will be enjoying a 4 portion meal**



KEYWORDS

Breakfast