

Breakfast Tortilla



Discover our delicious and healthy breakfast tortilla recipe, packed with protein, a touch of sweetness, and a good amount of fiber. A nourishing and satisfying morning treat to kickstart your day on the right note.

Preparation 7 min

Cooking 0 min

Servings 1

Nutrition Facts (per serving)

Calories 390

Fat 10

Carbohydrates 68

Fibre 8

Protein 11

Sodium 345

Ingredients

- 1 whole wheat tortillas
- 15 ml (1 tbsp) of natural peanut butter
- 15 ml (1 tbsp) Greek yogurt
- 15 ml (1 tbsp) low sugar jam (about 30 calories per tbsp.)
- ½ sliced banana
- 60 ml (¼ cup) blueberries

- 60 ml (¼ cup) of rice Krispies

Preparation

1. Spread peanut butter and jam on the whole wheat tortilla
2. Add the Greek yogurt to the center of the tortilla
3. Spread fruit and rice Krispies on top. Roll firmly the tortilla, fold the edges and continue to roll tight.

Notes



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