

Quick & Easy Avocado Feta Breakfast Wraps with Spinach and Eggs

Avocado Feta Breakfast Wraps



TIME
10 min

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INGREDIENTS

- ? 1 ripe avocado, sliced
- ? ½ cup crumbled feta cheese
- ? 1 tomato, diced
- ? 1 cup fresh spinach leaves
- ? 2 whole wheat wraps or tortillas
- ? 1 tbsp olive oil
- ? 2 eggs, scrambled
- ? Salt and pepper to taste (optional)

DIRECTIONS

- ? 1. Sauté the Veggies: Heat olive oil in a skillet over medium heat. Add fresh spinach and diced tomato, and cook until spinach is wilted (about 2-3 minutes). Remove from pan.
- ? 2. Scramble the Eggs: In a separate skillet (or the same one, wiped clean), scramble the eggs until just set. Season lightly with salt and pepper if desired.
- ? 3. Assemble the Wraps: Lay the whole wheat wraps flat. Add scrambled eggs, sautéed spinach and tomato, sliced avocado, and crumbled feta.
- ? 4. Wrap It Up: Roll tightly into a wrap or burrito-style. Serve warm immediately, or wrap in foil for an on-the-go breakfast.

TIPS FOR SUCCESS

Use ripe avocados - they'll mash naturally into the wrap and add creaminess.

Toast the wrap - heat it briefly in a dry pan for added structure and flavor.

Add a drizzle of sriracha or hot sauce inside the wrap.

Meal prep ready - make multiple wraps and reheat in a toaster oven.

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Original recipe: <https://chefmaniac.com/quick-easy-avocado-feta-breakfast-wraps-with-spinach-and-eggs/>