

This 3-Ingredient Egg Wrap Is Breaking the Internet (And It's Ready in 10 Minutes!)

This 3-Ingredient Egg Wrap Is Taking Over Busy Mornings Everywhere



TIME
10 min

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INGREDIENTS

- 2 large eggs
- 1 slice cheese (cheddar, Swiss, provolone, or your favorite)
- 2 slices turkey or chicken deli meat

DIRECTIONS

1. Whisk the Eggs: Crack 2 eggs into a bowl and whisk thoroughly until fully blended. You want the yolks and whites completely combined for an even "wrap."
2. Cook the Egg Wrap: Heat a nonstick skillet over medium heat. Lightly grease if needed.
3. Pour in the whisked eggs and swirl the pan to create a thin, crepe-like layer. Let it cook undisturbed for about 1-2 minutes.
4. Add Fillings: Once the eggs are mostly set (but slightly glossy on top), place the cheese slice and deli meat on one side of the egg round.
5. Melt & Fold: Allow it to cook for another 1-2 minutes until the cheese begins to melt.
6. Using a spatula, gently fold the egg over like a taco or burrito.
7. Serve: Remove from the pan and serve immediately while warm and melty.
8. Total time? About 7-8 minutes.

SWAPS & NOTES

One of the best parts of this recipe is how flexible it is.

Cheese Options: Cheddar for sharp flavor Mozzarella for stretch Pepper jack for heat Swiss for a nutty finish Protein Options: Smoked turkey Oven-roasted chicken Lean ham Even crispy bacon if you want extra indulgence Want to level it up?

Add: A sprinkle of everything bagel seasoning Fresh spinach A swipe of hot sauce Avocado slices If you're a fan of protein-packed breakfast trends, you might also love The Viral Cottage Cheese Pancake Everyone's Talking About.

Whisk the Eggs Crack 2 eggs into a bowl and whisk thoroughly until fully blended.

TIPS FOR SUCCESS

Too high and the eggs brown too quickly.

Slightly soft eggs make folding easier.

It acts as the "glue" holding everything together.

Meal prep tip: Make 2-3 at once and reheat gently in a skillet.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/this-3-ingredient-egg-wrap-is-breaking-the-internet-and-its-ready-in-10-minutes/>