

Low Carb Breakfast Roll Ups That Make Busy Mornings So Much Easier

1 cup shredded cheddar cheese



TIME

1 to 2 min

PRINT

Recipe Card

SAVE

PDF

SOURCE

ChefManiac

INGREDIENTS

- 6 large eggs
- 1/4 cup heavy cream or milk
- 1 cup shredded cheddar cheese
- 6 slices deli turkey, ham, or cooked bacon
- 1/4 cup diced bell peppers
- 2 tablespoons chopped green onions
- Salt, to taste
- Black pepper, to taste
- 1 tablespoon butter or oil for cooking
- 6 low carb tortillas or egg-based wraps

DIRECTIONS

1. Prep the egg mixture: In a medium bowl, whisk together the eggs, cream, salt, and black pepper until smooth and well combined.
2. Cook the eggs: Heat butter or oil in a skillet over medium heat. Pour in the egg mixture and cook gently, stirring occasionally, until the eggs are softly scrambled and just set. Remove from the heat before they overcook, since they will continue to cook a bit from residual heat.
3. Warm the wraps: Briefly warm the low carb tortillas or egg wraps in a skillet or microwave so they are easier to roll without tearing.
4. Assemble the roll ups: Lay each wrap flat and add a portion of scrambled eggs down the center. Top with shredded cheese, your choice of turkey, ham, or bacon, diced bell peppers, and green onions.
5. Roll and finish: Fold in the sides and roll up tightly. You can serve them as-is, or place them seam-side down in a skillet for 1 to 2 minutes to lightly crisp the outside and help everything hold together.

SWAPS & NOTES

This recipe is easy to adjust to suit your tastes.

Swap cheddar for mozzarella, pepper jack, or Swiss if you want to change up the flavor.

Use cooked sausage crumbles instead of deli meat, or add sautéed spinach and mushrooms for more vegetables.

If you want to keep things extra simple, egg wraps work beautifully here and make the roll ups even lighter.

TIPS FOR SUCCESS

The biggest key to a good breakfast roll up is not overfilling it.

It is tempting to load in everything, but keeping the filling balanced helps the wraps stay neatly rolled and easier to eat.

Soft scrambled eggs work best because they stay tender after rolling.

If the eggs are cooked too dry, the finished wrap can feel a little tough.

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

Original recipe: <https://chefmaniac.com/low-carb-breakfast-roll-ups-that-make-busy-mornings-so-much-easier/>