

Low Carb Breakfast Roll Ups Are My Favorite Quick and Protein-Packed Morning Fix

Eggs or low-carb wraps, depending on your preferred base



Low Carb Breakfast Roll Ups 🥞🥓🧀

Ingredients

- 4 large eggs
- 1 cup shredded cheese (cheddar or mozzarella)

TIME

1 to 2 min

METHOD

Air fryer

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SAVE

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INGREDIENTS

Eggs or low-carb wraps, depending on your preferred base
Cooked breakfast sausage, bacon, or ham
Shredded cheese
Cream cheese, optional for extra richness
Cooked spinach, bell peppers, or onions, optional
Salt and black pepper
Garlic powder or paprika, optional
Butter or oil for cooking

DIRECTIONS

1. Cook your breakfast meat of choice until browned and fully cooked. Set aside.
2. If using vegetables, sauté them briefly until softened and any excess moisture cooks off.
3. Prepare your egg wraps or lay out your low-carb tortillas on a clean surface.
4. Spread a thin layer of cream cheese if using.
5. Add cooked meat, shredded cheese, and vegetables evenly across each wrap.
6. Season lightly with salt, pepper, and any extra spices you like.
7. Roll each wrap up tightly.
8. If desired, place the roll ups seam-side down in a skillet and cook for 1 to 2 minutes per side until warmed through and lightly crisped.
9. Slice in half and serve warm.

SWAPS & NOTES

One of the best parts of this recipe is how adaptable it is. If you're using egg wraps, the final result feels especially light and protein-forward.

If you have a favorite low-carb tortilla, that works too and makes the roll ups a little sturdier for meal prep.

For the filling, sausage adds the biggest savory punch, while ham keeps things a little lighter.

TIPS FOR SUCCESS

It's tempting to pack them heavily, but too much filling makes them harder to roll and more likely to fall apart. A balanced amount gives you the best texture and a neater result.

This is especially important if you're adding vegetables or cream cheese.

Excess moisture can make the wraps soggy instead of pleasantly firm and easy to hold.

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

Original recipe: <https://chefmaniac.com/low-carb-breakfast-roll-ups-are-my-favorite-quick-and-protein-packed-morning-fix/>