

This 3-Ingredient Egg Wrap Is Taking Over Busy Mornings

3-Ingredient Egg Wrap: A Busy Morning Savior



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10 min

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INGREDIENTS

2 large eggs
Your choice of wrap (tortilla, lavash, or lettuce leaves)
Salt and pepper to taste

DIRECTIONS

- 1.** Whisk the : Eggs: In a bowl, crack the two eggs and whisk them together with a pinch of salt and pepper until well combined. This is a great time to add any additional spices or herbs you enjoy.
- 2.** Heat the : Pan: Place a non-stick skillet over medium heat and allow it to warm up for a minute. A well-heated pan ensures that the eggs cook evenly.
- 3.** Cook the : Eggs: Pour the whisked eggs into the skillet. Allow them to cook undisturbed for about 1-2 minutes until the edges start to set. Gently stir with a spatula to scramble the eggs until fully cooked.
- 4.** Assemble the : Wrap: Once the eggs are cooked, place them in the center of your chosen wrap. Fold the sides over the filling and roll it up tightly. Serve immediately or wrap it in foil for an on-the-go breakfast.

TIPS FOR SUCCESS

Add Veggies: Consider adding spinach, bell peppers, or tomatoes to the eggs while they cook for an extra nutritional boost.

Cheese It Up: A sprinkle of cheese can elevate the flavor.

Try feta, cheddar, or even a spicy pepper jack for a kick.

Experiment with Wraps: Don't limit yourself to traditional tortillas.

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