

# **Cinnamon French Toast Breakfast Wrap**

Want a great breakfast treat? Just roll and go! The cinnamon french toast wrap by [Healthy Hungry Girl](#) transforms thin, whole-wheat tortillas with traditional French-toast-style prep. This convenient, high-fiber breakfast is ready for a drizzle of nut butter, bananas, and your favorite berries.

## **Cinnamon French Toast Breakfast Wrap Ingredients**

- 1 (34g) Whole-Wheat Tortilla (approx. 100 calories, no added sugar)
- 1 tablespoon Peanut Butter, all-natural
- 1/3 medium Banana, diced
- 2 tablespoons Blueberries
- 2 Eggs
- 1 tsp Cinnamon
- 1/2 tsp Vanilla extract
- Other optional filling ingredients: Strawberries, diced; Maple Syrup, Nut Butter, Shredded Coconut (unsweetened)

## **Directions**

Heat a large skillet over medium-high heat and prepare it with an all-natural cooking spray or coconut oil. Whisk eggs, cinnamon and vanilla together in a shallow bowl. Dip wrap in shallow bowl, making sure to cover the entire wrap with the egg mixture. There will be leftover egg mixture. Lay the wrap flat on the skillet and cook for about 2-4 minutes on each side. Transfer wrap to a plate and use the same heated skillet (you may need more cooking spray or oil) to cook up the leftover egg mixture, omelet style. Cooking your egg omelet or pancake style makes the egg easier to transfer to your wrap and it also will stay put in the wrap better. Add in your favorite filling ingredient like diced bananas, blueberries and peanut butter. Roll up your Cinnamon French Toast Wrap and cut in half, if desired. You can add a drizzle of maple syrup and a sprinkle of shredded unsweetened coconut over the top.

## **Nutrition Information**

**Serves: 1 | Serving Size: 1 French toast wrap**

**Per serving:** Calories: 401; Total Fat: 19g; Saturated Fat: 5g; Monounsaturated Fat: 4g; Cholesterol: 370mg; Sodium: 387mg; Total Carbohydrate: 38g; Dietary Fiber: 9g; Sugars: 8g; Protein: 20g

**Nutrition Bonus:** Potassium: 295mg; Vitamin A: 13%; Vitamin C: 11%; Calcium: 13%; Iron: 31%

Kim is the healthy living blogger behind [Hungry Healthy Girl](#), a blog designed to inspire others to make smart choices when it comes to feeding their bodies. Kim enjoys learning about food and creating healthy recipes for her family. For more from Kim, visit her blog and connect with her on [Facebook](#), [Twitter](#) and [Pinterest](#).

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