

Bacon, Cheese & Kale Egg Wrap

6 SERVINGS 15 MINUTES



INGREDIENTS

6 slices Bacon
12 Egg (large)
1/3 cup Water
Sea Salt & Black Pepper (to taste)
1 tbsp Avocado Oil
7 1/2 ozs Havarti Cheese (sliced)
6 cups Baby Kale

DIRECTIONS

- 01 Cook the bacon in a pan over medium heat for five minutes or until crisp. Drain on a paper towel and set aside.
- 02 Meanwhile, whisk the eggs, water, salt, and pepper.
- 03 Heat a medium non-stick pan over medium heat. Evenly coat it with oil. Pour in 1/2 cup of the egg mixture to form a thin layer along the bottom of the skillet. Tilt and rotate the pan to allow the uncooked egg to flow into empty spaces. Cook for about two minutes or until the egg is cooked. Set aside and repeat with the remaining egg mixture.
- 04 To serve, layer the cheese, kale, and bacon down the center of the egg. Roll or fold it all together and enjoy!

NOTES

LEFTOVERS

Refrigerate the egg wraps in an airtight container for up to three days or freeze for up to one month. Assemble wraps just before serving.

SERVING SIZE

One serving is one egg wrap. A 12-inch non-stick pan was used to create this recipe.

MORE FLAVOR

Add garlic, dijon, or dried herbs to the eggs. Swap the kale for spinach or mixed greens.

ADDITIONAL TOPPINGS

Add avocado slices, basil, and/or tomatoes.

Berry Coconut Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

1 cup Canned Coconut Milk (full fat)
1/2 cup Frozen Berries
1/4 Avocado
2/3 oz Collagen Powder

DIRECTIONS

01 Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

SERVING SIZE

One serving is approximately 3/4 cup.

MORE FLAVOR

Add baby spinach, hemp seeds, and/or chia seeds before blending.

MAKE IT VEGAN

Omit collagen powder and use plant-based protein powder.