

Smoked salmon & avocado wrap



DYNAMIX
HEALTH & FITNESS

2 eggs
2 egg whites
a pinch of sea salt and ground
black pepper
a sprig of fresh dill
½ tsp coconut oil
½ a ripe avocado
a squeeze of lemon juice
a small handful fresh spinach
leaves, finely chopped
40g smoked salmon, torn into
small pieces

SERVES 1

Beat the eggs and egg whites in a jug. Add the salt, pepper and dill and stir.

Melt the coconut oil in a frying pan or skillet over a medium heat. Pour the egg mixture into the pan, allowing it to spread evenly.

Cover with a lid and cook for 3 minutes or until firm. Transfer to a plate.

Mash the avocado in a bowl and add the lemon juice. Spread the avocado over the centre of the wrap.

Add the spinach and salmon. Roll up and serve.

Store any leftovers in an airtight container and refrigerate for up to 1 day.



PER SERVING:
272 Calories
3g Carbs
29g Protein
16g Fat