

Breakfast

RECIPE CARD

Breakfast Quesadillas (Serves 2)

RECIPE NAME

Breakfast

MEAL TIME

15 minutes

PREP TIME

5 minutes

TIME TO COOK

This can easily be made as a late breakfast or as a lovely brunch

NOTES

Approx 250kcal
per serving

CALORIES

INGREDIENTS

- ★ 2 Eggs, *beaten*
- ★ Salt & Pepper to taste
- ★ 2 flour Tortillas
- ★ 2 slices Bacon, *crumbled (and/or cooked, crumbled sausage)*
- ★ 70g grated Cheddar Cheese or Mexican Cheese
- ★ Salsa and Sour Cream to taste

METHOD



In a large pan, scramble the eggs (*add salt and pepper to taste*)



Meanwhile, spritz another pan with low-calorie cooking spray and place over medium-high heat. Drop one tortilla in the pan and heat on one side.



When the tortilla is hot, flip and sprinkle over half of the cheese. Add scrambled egg and distribute evenly. Spread the bacon over the top.



Sprinkle over the remaining cheese and top with the remaining tortilla. Cook for about 1 minute or until the cheese starts to melt, then CAREFULLY flip (*you don't want all the egg falling out*).



When the cheese is melted and the tortilla is golden brown remove from the pan. Cut into quarters with a pizza slicer and serve with sour cream and/or salsa.