



Spinach, Cheese & Egg Wrap

What to collect	
Ingredients	Equipment
4 eggs	frying pan
2 tablespoons milk	bowl
A handful of baby spinach leaves	grater
handful cheddar cheese, grated	sandwich press
salt/pepper	
mountain bread/wrap	

What to do

1. Place a small amount of oil in a frying pan and cook the spinach leaves until wilted.
2. Whisk together the eggs, milk and seasonings.
3. Place some oil in a frying pan and pour the egg mixture in and scramble until cooked.
4. Place some $\frac{1}{4}$ of the egg mixture on the middle of each wrap, place some spinach & grated cheese on top of the egg and roll up.
5. Spray some olive oil on the sandwich press and toast wrap until golden brown. Continue making the wraps and toasting them.