



Cooking with Kids

Breakfast Wrap

Olive oil
3 eggs
¼ cup milk
Salt and pepper
25 grams ham
¼ cup cheese, grated
1 wrap

Heat pan on medium heat, add a little oil. Crack eggs into a bowl and whisk. Add milk, salt and pepper, whisk again. Slowly add egg mixture to the pan. Turn the pan until bottom is covered with mixture. Slowly mix the egg mixture until cooked and lumpy. Warm a wrap in the microwave for 30 seconds. Using spoon make a line of cooked egg in the centre of the wrap. Add cheese and ham. Fold wrap over the end of the egg line. Then fold into a pocket.