



Low FODMAP Breakfast Tortillas

Serves: 4

Prep: 5 minutes

Cook: 10 minutes



Stack Cup

Ingredients	Metric	Imperial
4 corn tortillas		
4 eggs	234 g	8.3 oz
2 Tbsp macadamia dukkah	40 g	1.4 oz
1 cup mozzarella cheese, grated	160 g	5.6 oz
Natural yoghurt, lactose free if required	120 g	4.2 oz
4 medium tomatoes, diced	130 g	4.6 oz
Parsley or coriander to serve		

Method

1. Place a medium pot filled with water on the boil. When simmering, add the eggs (in their shell) for 5½ minutes. Remove and rinse under cold water to stop the cooking process and peel when cooled.
2. Heat a large non-stick pan on medium heat, heat tortillas for ~20 seconds on each side until they are soft and warm. As you cook them, place in a sealed plastic container and cover with a dry cloth to keep them hot and soft ready for serving.
3. Spread the yoghurt over the tortillas, sprinkle with cheese and diced tomatoes. Cut the boiled eggs in half and place on the tortilla and sprinkle with dukkah and herb of your choice.
4. Season with salt and cracked pepper to taste, you can squash the egg in the centre of the tortilla and wrap it up for a portable breakfast.

Hints

Check the tortillas are made from corn and not wheat-based, otherwise, these may be high FODMAP.

Serving suggestions

Drizzle a small amount of garlic-infused olive oil if desired, or a squeeze of lemon juice.

Nutrition Information (per serve)	
Energy	1300 Kj / 311 cal
Protein	20.00g
Carbohydrates	15.80g
Sugar	6.00g
Total Fat	17.30g
Saturated Fat	7.00g
Fibre	4.70g