**TikTok Breakfast Wrap**

**DIRECTIONS:**
1. Lay your tortilla on a flat surface and carefully cut a slit from edge to the middle of the tortilla.
2. Place the scrambled egg, scrambled tofu, or mashed black beans on the lower right quarter.
3. Place salsa or diced tomatoes on the lower left quarter.
4. Place the leafy greens in the top left quarter.
5. Place shredded cheese in the top right quarter.
6. Fold the bottom right quarter over the bottom left quarter then over the top left quarter and lastly, on the top right quarter. You should have a triangle shaped wrap.
7. Optional: You can heat up your wrap in the toaster or skillet for 1-2 minutes on each side or until lightly brown.

**PREP TIME:** 5 MIN  
**TOTAL TIME:** 8 MIN

**INGREDIENTS**
- 1 8-10 INCH TORTILLA
- 1 EGG, SCRAMBLED OR ¼ CUP SCRAMBLED TOFU OR MASHED BLACK BEANS
- 2 TBSP OF SALSA OR DICED TOMATOES
- 1 HANDFUL LEAFY GREENS (SPINACH, KALE, ARUGULA)
- 2 TBSP SHREDDED CHEESE