

Scrambled Eggs in a Wholewheat Wrap

(cook the egg in a cast iron pan to add extra iron to the meal, serve with orange juice and the iron absorption will increase!)

In a mixing bowl whisk one organic egg with ½ clove crushed organic garlic. Add organic clarified butter to a cast iron pan and cook egg in it. Warm up an organic wholewheat wrap, spread egg mixture down the middle and roll up. Serve with a small ramekin of organic ketchup. This takes a total of five minutes max!