

# The Wrap HULK

(Total of carbs for a big wrap ~55g / medium wrap ~40g)

## Ingredients :

- Whole wheat tortilla with eggs  
(1 big = ~35g medium size = ~20g)
- Apple  
(1 medium size = ~20g)
- Vegetable (your choice)  
(1/2 cup / 125ml = ~0g)
- Cheese  
(2 fingers wide = ~0g)
- Mix of eggs  
(as much as you wish = ~0g)

## Recipe for the mix of eggs :

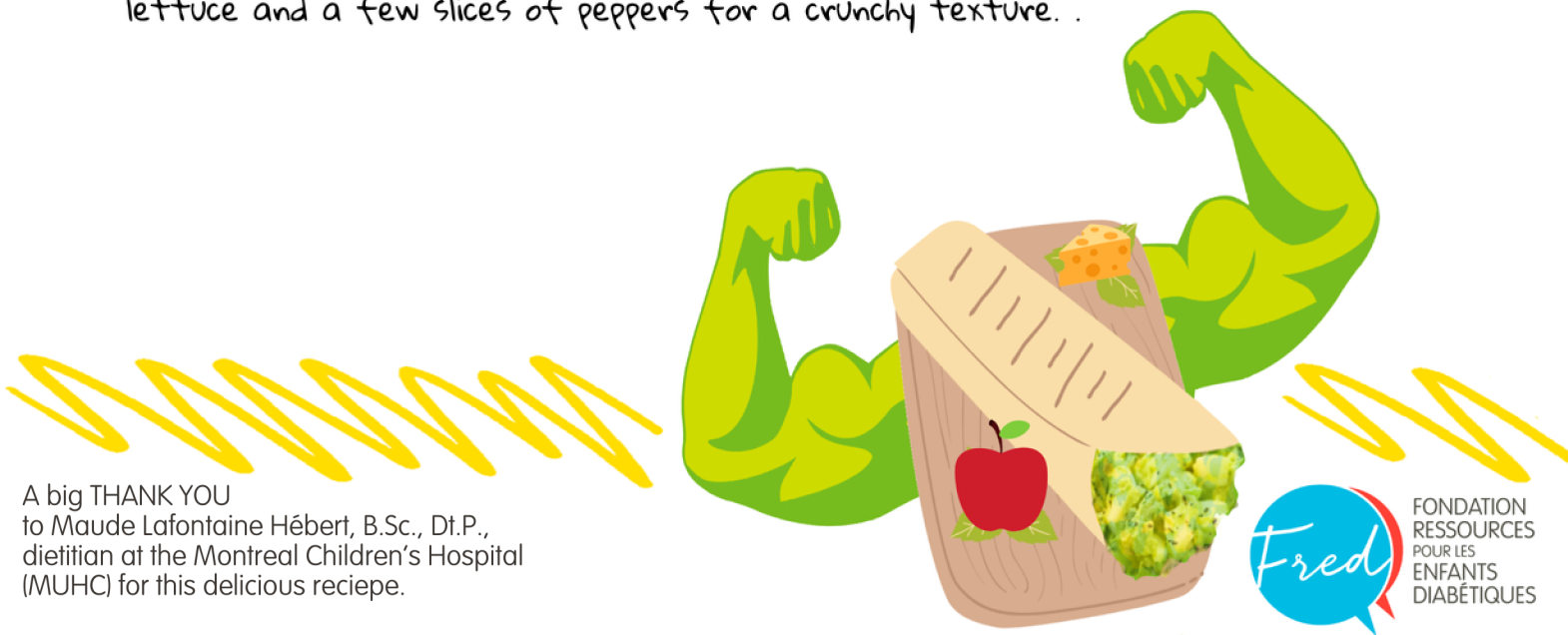
- Soft-boiled eggs  
(2 = ~0g)
- Edamame beans without the shell  
(1/4 cup / 60ml = ~0g).

Note : You may unfreeze the edamames by putting them for 1 minute inside the boiling water for the eggs

- Mayonnaise  
(2 tablespoons / 30ml = ~0g)
- Chives or green onions  
(Your taste = ~0g)
- Salt & pepper (as you wish)

## Cooking instructions:

Mix all the ingredients of the mix of eggs and crush them with a fork. Then put the desired quantity of the mix in your tortilla and add in the wrap a leave of lettuce and a few slices of peppers for a crunchy texture. .



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