

HEALTHY CARROT WRAPS

A SIMPLE, NUTRIENT-DENSE WRAP THAT KEEPS YOU FULL AND ENERGIZED

These carrot wraps are a simple way to upgrade your meals with more nutrients and protein.

They're easy to make, require just a few ingredients, and work perfectly for a quick lunch or light dinner.

They're also a great alternative to refined starches, offering a **more satiating option that can help you stay full longer and keep your energy more stable** throughout the day.

Ingredients (2 satiating wraps)

- 1 handful of grated cheese
- 3 carrots, peeled and grated
- 1 egg
- Season to taste

Optional Guacamole

- 2 avocados, mashed
- Lemon juice
- A handful of cilantro
- Pepper
- Red onion
- Season to taste

Step-by-Step Instructions:

1. Preheat your oven to 180°C (356°F)

2. Grate the cheese and carrots

3. Mix everything together with the egg using a wooden spoon

4. Press the mixture onto a baking sheet

5. Bake for 10–15 minutes, or until golden

6. Let it cool slightly, add your fillings, and enjoy





Want more high-protein ideas?
My High-Protein Breakfast Recipe eBook was created especially for women 40+ who want to maintain muscle, support metabolism, and age strong without complicated meals.

Download the full recipe eBook here

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