

Copycat Taco Bell Breakfast Crunchwrap

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Serves 1, 6 FSP as written. Can be made less by using less potatoes and less meat.

- 2 Ole Extreme high fiber wraps, or equivalent
 - 2 Tbsp queso cheese
 - 85 grams frozen cubed hash brown potatoes (check points on your particular potatoes)
 - 2 eggs
 - 28 grams fat free cheddar cheese (or cheese of your choice, check and adjust points)
 - 2 Tbsp salsa (optional)
 - 3 links Jones Chicken Sausage (or breakfast meat of your choice-check and adjust points)
1. Prepare wrap by cutting out a 4 inch circle (I use a cookie cutter) from 1 of the Ole wraps. Set aside.
 2. If your hashbrowns are frozen, thaw in microwave for 1 minutes. Add them to a hot pan that has been sprayed with non stick spray. Cook for about 7 minutes or until brown and crispy. Set aside
 3. Beat eggs in a bowl. Put in a pan heated on medium high and sprayed with non stick spray. Add cheese and salsa

to eggs. Cook until done.

4. Cook breakfast meat according to package directions.

Microwave queso to warm

5. On large wrap, spread queso in a circle in the middle. Top with potatoes, then eggs, then meat.
6. Wet the edges of the cut out wrap and the large wrap with your finger dipped in water.
7. Place the cut on piece on top of the meat and start folding the large wrap up in pleat fashion.
8. Place in pan that has been sprayed with non stick spray, heated on med-high, seam side down. Give it a press down in the pan. Cook about 2 minutes, then flip and cook an additional 2 minutes. Until both sides are golden brown. Serve immediately.