

Spinach Feta Wrap (Starbucks Copycat)  
(LaurenFitFoodie.com)

1 joseph's lavash wrap or large burrito	1 t. italian seasoning
½ t. oil from sun-dried tomatoes	Pinch of salt & pepper to taste
1 c. fresh spinach, chopped	½ c. (120g) egg whites
2 T. sun-dried tomatoes in oil, chopped	3 T. (21g) shredded mozzarella
1 t. garlic powder	2 T. (14g) crumbled feta

Instructions:

1. Preheat oven to 400°. Line a baking sheet with parchment paper.
2. Spray a skillet with cooking spray and set to medium heat. Add the oil. When warm. Add the spinach and sauté until wilted. Then stir in the sun-dried tomatoes, garlic powder, Italian seasoning, salt and pepper.
3. Shake egg white carton and pour over spinach mixture. Stir a few times to make sure everything is mixed evenly then cover and let sit to form an egg patty.
4. Lay lavash bread out. Place egg patty in the center then sprinkle evenly over top with both cheeses.
5. Fold by rolling up like a burrito with the bottom-side sealed. Spray the burrito with cooking spray on both sides then place in the baking sheet.
6. Bake for 5-10 minutes, flipping halfway, or until desired crispiness. Then cut in half, and enjoy!

Nutrition Information:

Serving: 1wrap, Calories: 356kcal, Carbohydrates: 26g, Protein: 36g, Fat: 12g, Saturated Fat: 3.9g, Fiber: 5g, Sugar: 5.9g