

egglife®

the perfect wrap®



From gluten-free snacks to keto-friendly meals, reimagine your favorite foods with egglife egg white wraps!

turkey & ham club wrap



1 egglife original egg white wrap • 1 tbsp mayonnaise
2 slices of turkey • 2 slices of ham • 2 slices of bacon •
romaine lettuce • 1 Roma tomato • 1/4 avocado • salt & pepper

Spread mayonnaise on egglife original egg white wrap. Place turkey and ham down the center of the wrap. Layer lettuce, bacon, tomato, and avocado on top of the meats. Finish with salt and pepper. Wrap & enjoy!

chicken enchiladas



6 egglife southwest egg white wraps • 2lb shredded chicken breasts
1 cup diced onion • 1 tbsp olive oil • 1 tsp cumin • 1/2 tsp chili powder •
4 oz can green chiles • 1 cup enchilada sauce • 2 cups shredded cheese

Preheat your oven to 350° F. Heat olive oil in a large skillet over medium heat. Cook onions for 3 minutes until softened. Add shredded chicken, cumin, chili powder, and green chiles. Spray a 9x13" pan with non-stick cooking spray. Spoon chicken mixture and enchilada sauce down the center of each egglife southwest egg white wrap and sprinkle with shredded cheese. Roll each wrap and place in baking dish. Top with remaining enchilada sauce and cheese. Bake for 15 min or until cheese is melted. Serve with sour cream and chopped tomatoes if desired.

everything but the bagel lox wrap



1 egglife everything bagel egg white wrap • 2 tbsp plain cream cheese
2 slices of smoked salmon • sliced red onion • fresh dill • lemon wedge

Spread cream cheese on egglife everything bagel egg white wrap. Place smoked salmon and red onion on the wrap. Top with fresh dill and lemon juice. Wrap and enjoy!

personal pepperoni pizza



1 egglife Italian egg white wrap • 2 tbsp pizza sauce
1/4 cup shredded cheese • pepperoni slices

Preheat oven to 450° F. Place Italian egglife egg white wrap on over rack. Bake for 5-7 minutes, until wrap is crispy. Add pizza sauce to wrap, followed by cheese and pepperoni slices. Bake for an additional 3 minutes, or until cheese is melted. Slice and enjoy!

peanut butter & banana roll-up



1 egglife sweet cinnamon egg white wrap • 2 tbsp peanut butter
1 medium banana • 2 tsp honey

Spread peanut butter on sweet cinnamon egglife egg white wrap. Place banana in middle of wrap, drizzle with honey. Roll up wrap around banana, cut into bite-size pieces.



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