



# Tortilla rolls

## Ingredients (serves 1)

2 eggs (1 whole egg + 1 egg white)

50g cooked turkey

2 tbsp cream cheese or cottage cheese

Extra virgin olive oil

## Method

1. Whisk the eggs and cook in a pan with very hot oil like a crêpe.

2. Remove from the heat. Spread with cheese and add the turkey on top.

3. Wrap the tortilla forming a roll.

4. Gently cook over low heat for a few seconds to brown the exterior.

5. Cut in half and serve.

## Recommendations

In case of high-output stoma or diarrhea, use lactose-free cheese or skip completely.