

High Protein Recipe

Tortilla Pizza

35P/21C/16F

- 1 Xtreme Wellness Tortilla
- 50g Tomato Sauce
- 56g Mozzarella Cheese Low moisture part skim
- 70g chicken breast
- 30 g Spinach (or any other veggies that you enjoy)

Heat a large skillet over low heat. Spray with your avocado oil or other cooking spray.

Place the tortilla in the pan and allow it to heat up, then add all your toppings.

Place lid over skillet until cheese has melted.