

# Bacon and Avocado Wrap



2.9:1 ratio

- **Preparation time:** 25 minutes
- **Cooking time:** 7 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe/MKD exchanges
Fat	38.9g	33.9g LCT	
		5g MCT	
Protein	9g		
Carbohydrate	4.7g		
Energy (calories)	404kcal		



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Ingredients	Quantity	Your recipe
<b>Tortilla Wrap</b>		
Almond flour flurry e.g. Holland and Barrett	18g	
Psyllium husk e.g. Sat-Isabgol	4g	
<b>MCTprocal™</b>	8g	
Garlic purée e.g. Gia	1g	
Sun-dried tomato purée e.g. Gia	1g	
Mixed herbs, dried	1 pinch	
Water, boiling	20g	
<b>Filling</b>		
Olive oil	6g	
Bacon, chopped	20g	
Avocado, sliced	30g	
Tomatoes, finely chopped	10g	
Mayonnaise, full fat e.g. Hellman's	10g	

## Method:

### Tortilla wrap

1. Add all ingredients to a bowl except the water.
2. Mix in boiling water until a dough is formed.
3. Cover and place in fridge for 10 minutes to cool (this makes it easier to roll).
4. Using an A4 sized piece of greaseproof paper, place the ball in the centre of one half, fold the other half of the paper over the ball, flatten out and roll with a rolling pin to create a circle, approx. 12cm in diameter.
5. Heat a frying pan over a medium heat and dry fry the tortilla for 1 minute on each side.

### Filling

1. Heat oil in frying pan over a medium heat, add bacon and cook for 5 minutes.
2. Spread the mayonnaise over the tortilla, add the bacon, tomatoes, sliced avocado to the centre and roll tightly before serving.

**MCTprocal is a food for special medical purposes and must be used under medical supervision.  
These recipes have been specifically designed for use in a ketogenic diet.**

**Refer to labels for allergen and other product information.**