



## High-Protein Tortilla Egg Bake

### Ingredients

- 1 large whole wheat tortilla
- 3 large eggs
- 1 serving of **ESC Protein Powder** (unflavored or a complementary flavor)
- 1/2 cup thinly sliced vegetables (e.g., zucchini, bell pepper, red onion)
- 1/4 cup shredded or crumbled cheese (e.g., sharp cheddar)
- Salt and pepper, to taste
- Sprinkle fresh herbs, for garnish

### Directions

1. Preheat your oven to **350°F** and position the oven rack in the middle.
2. Press the tortilla into an **8-inch non-stick cake pan** until it holds its shape.
3. In a bowl, whisk together **eggs and ESC Protein Powder** until fully combined.
4. Pour the egg mixture into the tortilla and top with **vegetables, cheese, and other toppings.**
5. Bake for **18-22 minutes**, or until the eggs are set and the tortilla is lightly golden.
6. Garnish with fresh herbs, slice into quarters, and serve!

| Nutritional Facts  |     |
|--------------------|-----|
| Servings Per Batch | 1   |
| Serving Size       | 1   |
| Amount per Serving |     |
| Calories           | 350 |
| Carbs              | 25g |
| Fat                | 15g |
| Protein            | 35g |

\*Nutritional Facts will vary depending on ingredients