BetterBody Foods

Fresh Fruit Protein Crepes

Prep: 15 min Cook: 0 min Total: 15 min Servings: 12

Calories: 138 Fat: 2g Protein: 17g Carbs: 9g Fiber: 0g

Ingredients

- 1 cup egg whites
- 1 1/4 cups milk of choice
- 1/2 cup BBF Plant Protein powder
- 1/2 cup All Purpose flour
- 2 Tbsp BBF Agave syrup
- 1 tsp cinnamon
- Pinch of salt
- Optional: vanilla extract or cinnamon

Directions

1. Mix all crepe ingredients together in a blender
2. Heat skillet to medium - high heat and pour 1 tablespoon of oil in pan. Pour about 1/4 cup batter into a hot, greased pan.
3. Flip each crepe after the bottoms bubble. Remove promptly when each side is cooked.
4. After removing crepes, spread with peanut butter, and top with fresh sliced fruit. Then fold in half and half again and dust with powder
5. Enjoy your Fresh Fruit Protein Crepes!