



Protein Packed Crepes

The Process:

- Whisk in a bowl two egg whites with half a scoop of protein powder. Blend well and pour onto a non-stick, heated pan and cook like a pancake. Flip carefully with a spatula once the edges begin to bubble.
- Remove from the pan and smear with almond butter, sliced apples and a sprinkling of cinnamon, or try natural peanut butter with sliced bananas.