



Vanilla Whey Protein Crêpes

Ingredients:

- 1 cup liquid egg whites
- 1/2 cup low-fat cottage cheese (or use a banana)
- 1/2 cup vanilla whey protein powder
- 1/2 cup rolled oats (for a gluten-free option, use buckwheat flour)

Directions:

1. Using a hand-held blender, mixer or a food processor, blend all ingredients. If you want, add spices like cinnamon, orange or lemon zest, or nutmeg to batter.
2. Once your batter is smooth, heat a pan greased with a teaspoon of butter, coconut oil, or cooking spray. Allow the pan to get super hot.
3. Once pan is hot, pour in 1/4 cup of batter. (The batter should sizzle when you pour it into the pan.) As soon as the batter hits the pan, turn down the burner to medium-high so it cooks evenly and doesn't burn.
4. Cover the surface of the pan with the batter in a thin layer. Spread the batter by moving the pan or by spreading it with a spoon or spatula.
5. Flip each crêpe as soon as bubbles begin to form on its surface. Then, allow the other side to cook—it should only take a few seconds—until it gets golden brown.
6. When the crepe is done, remove it from pan and put it on a plate. You may have to re-grease the pan every three or four crepes.
7. Once all your crêpes are prepared, fill them! For this column, I filled them with peanut butter and sprinkled them with medium-chain triglyceride powder. But the sky is the limit. You can fill them with protein fluff, protein pudding, nuts, fresh fruit, or melted dark chocolate. You can even go down a savory route and fill them with red pepper, chicken, and avocado!

Nutrition Facts:

Per crepe, recipe makes 6
Calories: 107
Fat: 1.68 g
Carbs: 7.2 g
Protein: 15.3 g

Notes:

To make your crêpes “stretchier,” use more liquid egg whites and a tablespoon or two of milk. If you like them fluffier and more like a pancake, use more oats.

You can use casein or veggie protein powders instead of whey. But if you do, add more egg whites and a bit of milk to your batter until it achieves the right consistency. It should be runny, not thick, and easy to spread onto the surface of your pan.

Courtesy of Anna Sward @ Proteinpow.com