



The Buff Dudes' 4-Ingredient Protein Pancake Crepes

Ingredients

Eggs 2
Whey protein 1-1/2 scoops, divided
Nonfat milk 1/2 cup
Cinnamon, optional
Cooking spray or butter
Nonfat Greek yogurt 1/2 cup
Fresh fruit (optional)
Chocolate syrup or other sauce (optional)

Directions

1. Put the eggs, 1 scoop of the protein powder, and the milk in a shaker bottle.
2. Heat a nonstick skillet to medium heat. Add spray, or if you want to make the pancake crispier, a little butter.
3. Pour ingredients into the skillet. When bubbles appear on the surface and the edges are slightly firm, flip it.
4. Mix 1/2 scoop of protein powder with yogurt, and spread it on a pancake. Roll it up like a crepe and serve with fresh fruit and syrup.