



Gluten-Free Savory Whey Protein Crepes

Ingredients:

Liquid egg whites, 1/2 cup

Unsweetened whey protein powder, 2 tbsp

Coconut flour, 1 heaping tbsp (16 g)

Almond milk (or your milk of choice), 2 tbsp

Salt and seasoning to taste (here I used garlic salt, Italian seasoning, and paprika)

Directions:

1. Using a food processor or handheld blender, blend all ingredients together until they're well combined.
2. Get your nonstick pan sizzling hot and add a bit of coconut oil, low-calorie spray, or butter to it to ensure it is properly nonstick.
3. Spoon some of the mixture into the center of a hot pan, spreading it around the pan with your spoon so it's as flat and thin as possible.
4. Using a spatula, carefully flip once the bottom cooks. Allow the top to cook until done.
5. Repeat with the rest of your batter.
6. Fill your crepes with your filling of choice; here I used veggies, chicken, and rice.
Enjoy!