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## Low-Carb Protein Crepe

### Ingredients:

1 scoop vanilla protein  
1/4 cup liquid egg whites  
Splash of sweetened almond milk  
2 tbsp PB2  
Stevia to taste  
Cinnamon galore

### Directions:

1. Spray sauce pan with non-stick cooking spray and heat.
2. Blend protein powder, egg whites, almond milk, and Stevia.
3. Pour batter in a pan and cook for 3 minutes, or until bubbles appear.
4. Fold in half and continue cooking until done.
5. Mix PB2 powder with water until desired consistency.
6. Top crepe with PB2 and cinnamon