



Coconut Vanilla Protein Crepes

Ingredients

Crepe Mixture

Egg whites 4

Instant oats 1/2 cup

Small ripe banana 1

Body Fortress Super Advanced Whey vanilla protein powder 1 scoop

Vanilla extract 1/2 tsp

Filling Ingredients

Nonfat Greek yogurt 1 cup

Natural peanut butter (or MET-Rx Powdered Peanut Butter) 2 tbsp

Ground cinnamon 1/2 tsp

Vanilla extract 1/2 tsp

Honey or agave, 1 tbsp

Directions

1. Put all crepe ingredients in a blender, and mix for 30 seconds. If mixture is too thick, add a tablespoon of water until a smooth, pourable batter consistency is achieved.
2. Cook crepes in coconut oil for 20 seconds each side in preheated pan.
3. Fill each crepe with banana and yogurt filling.

Nutrition Facts

Full recipe

Serving size: 1 crepe with filling

Recipe yields 1 serving

Calories 608

Fat 7.5 g

Carbs 71 g

Protein 65 g

