

# Whey Protein Crepes

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/searching-for-italy-recipe>

## Ingredients:

- 1/2 cup egg whites I use Egg Whites Intl. liquid egg whites
- 1 scoop vanilla protein powder or flavor of your choice, EAS brand from Costco is pretty good, but currently searching for a go-to bra...
- 2 tablespoons flax seeds Whole, ground is ok too
- 1/4 cup berries your choice
- 2 tablespoons almond milk if too sticky to spread
- stevia to taste

## Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 5 milligrams
4. Fat: 6 grams
5. Fiber: 3 grams
6. Protein: 15 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 130 milligrams
9. Sugar: 2 grams

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