

Zucchini Bread Recipes

Cinnamon Roll Protein Crepes

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**French** Cuisine

Ingredients

Crepe Batter

- [ ] 1 cup protein-enhanced flour blend
- [ ] 2 scoops vanilla whey protein powder
- [ ] 2 large eggs
- [ ] 1 cup unsweetened almond milk
- [ ] 2 tbsp Greek yogurt
- [ ] 2 tbsp melted butter
- [ ] 1 tsp ground cinnamon
- [ ] 1 tbsp maple syrup
- [ ] Pinch of salt

Cinnamon-Sugar Filling

- [ ] 3 tbsp brown sugar
- [ ] 1 tsp ground cinnamon
- [ ] 1 tbsp melted butter
- [ ] 1 tsp vanilla extract

Instructions

1. In a bowl whisk together the flour blend, protein powder, cinnamon, and salt; then make a well in the center.
2. In another bowl beat the eggs with almond milk, yogurt, melted butter, and maple syrup; pour into the dry ingredients and stir until just combined; a few lumps are fine.
3. Let the batter rest for five minutes; meanwhile, melt a tiny bit of butter in a non-stick skillet over medium-low heat.
4. Pour a thin circle of batter into the skillet, swirl to cover the bottom, and cook until the edges lift gently, about 1-2 minutes; flip and cook another minute.
5. While the crepe is still warm, spread a spoonful of the cinnamon-sugar filling, roll it up, and set aside on a warm plate.
6. Repeat with remaining batter, adding more butter to the pan as needed; stack rolled crepes and keep warm.
7. Serve the crepes drizzled with extra maple syrup and a dusting of cinnamon; enjoy with a cup of tea or coffee.

Nutrition per serving

320 kcal	22 g	30 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra fluff, whisk the egg whites separately and fold them in at the end.
- If the batter feels too thick, add a splash of milk; if too thin, sprinkle a bit more flour.
- You can add a pinch of nutmeg to the filling for deeper spice.