THE LIGHTER PLATE METHOD

High-Protein Egg White Crêpe

Just two ingredients, and a genuinely useful high-protein wrap for whatever filling you fancy.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
3 min	**5 min**	**8 min**	**1**	**EASY**

Ingredients

- 3 egg whites
- 20 g unflavoured whey protein powder
- 1 tsp olive oil (for greasing)

Method

1. Blend the egg whites and protein powder together until smooth.
2. Heat a non-stick pan and grease lightly with olive oil.
3. Pour in the batter and swirl to coat the base thinly.
4. Cook for 2 minutes, until the edges lift, then flip and cook for 1 minute more.

Tips & swaps

- Fill with berries and yoghurt for a sweet version, or spinach and smoked salmon for savoury.

Storage & reheating

Best eaten fresh.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
140	**24g**	**3g**	**3g**	**0g**

Estimated values, for guidance only. Contains: Egg, Milk.