



GENERAL MENU SET RECIPE OPTION

Protein crepe

INGREDIENTS (1 serving)

FREEZABLE

- 2 egg whites
- 3 eggs
- 25g (0.8oz) oats
- 35g (1.3oz) protein powder - unflavored
- 25g (0.8oz) cottage cheese
- 10ml (0.4 fl. oz) coconut oil
- 120g (4.2oz) deli chicken slices
- 40g (1.3oz) cheddar cheese
- small handful of salad leaves

Crepes are thin pancakes originally from France. This is a nice and simple recipe for the morning or alternatively have them as an evening treat.

METHOD

Preheat your oven to 200°C (fan 180°C, gas mark 6).

Make the crepe batter by mixing together the egg whites, eggs, oats, protein powder and cottage cheese. Get your arms working by making it as smooth as possible.

Melt the coconut oil in a non-stick pan over a medium heat.

Pour some of the mix and roll around the pan to create a thin pancake.

Cook for 1-2 minutes, when the batter has almost cooked through, fill with chicken slices and cheese. Fold up and repeat the process until all the batter and filling has been used, then place in the oven to let the cheese melt.

When ready serve with a nice green salad.