

Peanut Butter and Jam Flourless Protein Crêpe



This flourless and dairy-free protein crêpe is high in protein and surprisingly filling. Its combination of ingredients may seem unusual, but wait until you've tried it before judging: it's delicious. The peanut butter and jam duo brings back a comforting classic, in a more nutritious version. Our dietitians recommend it as a [post-workout snack](#) or to curb an afternoon craving.

Preparation 5 min
Cooking 5 min
Servings 1
Nutrition Facts (per serving)
Calories 235
Fat 9
Carbohydrates 22
Fibre 3
Protein 17
Sodium 220

Ingredients

- Oil spray
- 125 ml (½ cup) egg whites
- 2 ml (½ tsp) vanilla extract
- 15 ml (1 tbsp) natural peanut butter*

- ½ banana, sliced into rounds
- 1 ml (¼ tsp) ground cinnamon

Preparation

1. Spray a small non-stick skillet with oil and heat over medium heat.
2. Pour the egg whites and vanilla extract into the skillet. Cook for 2 to 3 minutes or until the bottom is set.
3. Flip carefully and continue cooking for 1 to 2 minutes.
4. Transfer to a plate.
5. Top with peanut butter, jam and banana.
6. Roll like a crêpe and serve.

Notes

Store for up to 2 days in the refrigerator in an airtight container. Best when consumed immediately.

*It is possible to use 30 ml (2 tbsp) powdered peanut butter instead of natural peanut butter. Add 15 ml (1 tbsp) of water or milk to obtain a smooth texture.



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