



## PB-Berry Crepes



Developed by Hungry Girl; brought to you by [Quest® Nutrition!](#)

Entire recipe: 248 calories, 7g total fat, 370mg sodium, 14g carbs, 5.5g fiber, 6.5g sugars, 32.5g protein

**Prep:** 10 minutes    **Cook:** 10 minutes

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### Ingredients

1/2 cup liquid egg whites  
3 tbsp. [Quest Peanut Butter Protein Powder](#)  
1/4 cup low-fat/light ricotta cheese  
1/4 tsp. vanilla extract  
1 no-calorie sweetener packet  
1/2 cup raspberries  
1/4 oz. (about 1 tbsp.) chopped peanuts

### Directions

To make the batter, in a medium bowl, combine egg whites with 2 tbsp. protein powder. Whisk until mostly uniform.

To make the crepes, bring a 10-inch skillet sprayed with nonstick spray to medium heat. Pour half of the batter into the pan, quickly tilting the skillet in all directions to evenly coat the bottom. Cook until lightly browned on the bottom, about 2 minutes. Carefully flip with an offset spatula or flexible rubber spatula. Cook until lightly browned on the other side, about 1 minute.

Transfer the crepe to a plate, and repeat with remaining egg mixture to make another crepe.

In a medium bowl, combine ricotta cheese, vanilla extract, and sweetener. Mix until uniform. Add raspberries, reserving a few for topping. Mash and mix until mostly uniform. (Alternatively, blend these ingredients in a small blender or food processor.)

Divide mixture between the centers of the crepes. Fold both sides of each crepe over the filling.

In a small bowl, combine remaining 1 tbsp. protein powder with 1 1/2 tbsp. water. Mix until uniform. Drizzle over crepes.

Sprinkle with peanuts, and top with reserved raspberries!

**MAKES 1 SERVING**

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