

Carrot Cake Crepe — by Paula Hendricks, Nutrition Consultant



Using the Natural Style Protein Pancakes, make this delicious single 30+ gm protein meal for breakfast! It's just what you need to kick-start your morning. Great for lunch, dinner or on-the-go too. This serving contains approximately 33 gm of protein, 12 gm of fat, and 15 gm of net carbs with 5 gm of dietary fiber. Make one large or several small crepes.

Ingredients:

- 2 packets of Natural Style Protein Pancakes, 30 grams of protein
- 2 Tablespoons of flaxseed meal, Berry Good Cereal, or chopped walnuts
- 1/4 cup finely shredded carrots
- 1/2 cup of water
- 1-2 tsp. cinnamon powder
- 1 tsp. vanilla extract
- 1-2 packets of sugar substitute
- 1/2 T. butter
- Optional sugar-free syrup

Instructions:

1. Put dry ingredients in a bowl. In a measuring cup, add 1/2 cup water, carrots and vanilla extract together; slowly mix into dry ingredients.
2. Heat a 10-inch skillet, add non-stick cooking spray, pour and spread mixture evenly into heated pan.
3. Cook over medium heat until pancake sets, about 3-4 minutes. Flip and cook about 2-3 minutes more. Transfer to a plate.
4. Spread butter over pancake, add syrup or a packet of sweetener and roll it up.