



CREPE COLLECTION

Explore the delicate and delicious world of high-protein crepes with this collection of sweet and savory recipes.

4 Macro-Verified Recipes

ProteinPancakes | proteinpancakes.co

WHAT'S INSIDE

-
- | | |
|---|-------------|
| 1. Lemon Ricotta Protein Crepes | 20g protein |
| 2. Matcha Green Tea Protein Crepes | 20g protein |
| 3. Savory Spinach and Feta Protein Crepes | 25g protein |
| 4. Berries and Cream Protein Crepes | 22g protein |
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Combined Shopping List

Pro Tips

Lemon Ricotta Protein Crepes

20g

Prep: 10 min

Cook: 15 min

Total: 25 min

Yield: 6 crepes

Difficulty: Medium

230

CALORIES

20g

PROTEIN

15g

CARBS

12g

FAT

INGREDIENTS

60g all-purpose flour

30g vanilla whey protein powder

2 large eggs

240ml milk

1 tbsp melted butter

240g ricotta cheese

30g powdered sweetener

1 lemon, zested and juiced

INSTRUCTIONS

- 1 In a blender, combine flour, protein powder, eggs, milk, and melted butter. Blend until smooth. Let the batter rest for 10 minutes.
- 2 Heat a non-stick skillet over medium heat. Pour a thin layer of batter and swirl to coat the bottom of the pan. Cook for 1-2 minutes per side, until lightly golden.
- 3 In a bowl, mix together the ricotta cheese, powdered sweetener, lemon zest, and lemon juice until well combined.
- 4 Spread a few tablespoons of the ricotta filling onto each crepe and fold into quarters.
- 5 Serve immediately, garnished with extra lemon zest and a dusting of powdered sweetener.

Matcha Green Tea Protein Crepes

20g

Prep: 10 min

Cook: 15 min

Total: 25 min

Yield: 6 crepes

Difficulty: Medium

220

CALORIES

20g

PROTEIN

18g

CARBS

10g

FAT

INGREDIENTS

60g all-purpose flour

30g vanilla whey protein powder

1 tbsp matcha powder

2 eggs

240ml milk

1 tbsp melted butter

240g Greek yogurt

30g honey or maple syrup

INSTRUCTIONS

- 1 In a blender, combine flour, protein powder, matcha powder, eggs, milk, and melted butter. Blend until smooth and let it rest for 10 minutes.
- 2 Heat a non-stick skillet over medium heat. Pour a thin layer of batter and swirl to coat the pan. Cook for 1-2 minutes per side.
- 3 In a bowl, mix together the Greek yogurt and honey until well combined.
- 4 Spread a few tablespoons of the yogurt filling onto each crepe and fold.
- 5 Serve immediately, garnished with a dusting of matcha powder.

Savory Spinach and Feta Protein Crepes

25g

Prep: 10 min

Cook: 15 min

Total: 25 min

Yield: 6 crepes

Difficulty: Medium

260

CALORIES

25g

PROTEIN

15g

CARBS

14g

FAT

INGREDIENTS

60g all-purpose flour

30g unflavored whey protein powder

2 eggs

240ml milk

1 tbsp melted butter

120g fresh spinach, wilted

60g feta cheese, crumbled

Salt and pepper to taste

INSTRUCTIONS

- 1 In a blender, combine flour, protein powder, eggs, milk, and melted butter. Blend until smooth and let it rest for 10 minutes.
- 2 Heat a non-stick skillet over medium heat. Pour a thin layer of batter and swirl to coat the pan. Cook for 1-2 minutes per side.
- 3 In a bowl, combine the wilted spinach and crumbled feta cheese. Season with salt and pepper to taste.
- 4 Spread the spinach and feta filling onto each crepe and fold.
- 5 Serve immediately, garnished with a sprinkle of fresh herbs.

Berries and Cream Protein Crepes

22g

Prep: 10 min

Cook: 15 min

Total: 25 min

Yield: 6 crepes

Difficulty: Medium

250

CALORIES

22g

PROTEIN

20g

CARBS

12g

FAT

INGREDIENTS

60g all-purpose flour

30g vanilla whey protein powder

2 eggs

240ml milk

1 tbsp melted butter

240g cream cheese, softened

30g powdered sweetener

1 tsp vanilla extract

150g mixed berries

INSTRUCTIONS

- 1 In a blender, combine flour, protein powder, eggs, milk, and melted butter. Blend until smooth and let it rest for 10 minutes.
- 2 Heat a non-stick skillet over medium heat. Pour a thin layer of batter and swirl to coat the pan. Cook for 1-2 minutes per side.
- 3 In a bowl, beat the cream cheese, powdered sweetener, and vanilla extract until smooth and creamy.
- 4 Spread the cream cheese filling onto each crepe and top with a spoonful of mixed berries before folding.
- 5 Serve immediately, garnished with extra berries and a dusting of powdered sweetener.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- 60g all-purpose flour
- 30g vanilla whey protein powder
- 30g powdered sweetener
- 1 tbsp matcha powder
- 30g unflavored whey protein powder

DAIRY & EGGS

- 2 large eggs
- 240ml milk
- 1 tbsp melted butter
- 240g ricotta cheese
- 2 eggs
- 240g Greek yogurt
- 60g feta cheese, crumbled
- 240g cream cheese, softened

PRODUCE

- 1 lemon, zested and juiced

SWEETENERS & FLAVORINGS

- 30g honey or maple syrup
- 1 tsp vanilla extract

OTHER

- 120g fresh spinach, wilted
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Salt and pepper to taste

150g mixed berries

PRO TIPS

Measure by Weight

For accurate macros, always use a kitchen scale. Volume measurements (cups, tablespoons) can vary significantly.

Protein Powder Tips

Different protein powders absorb liquid differently. If your batter is too thick, add liquid 1 tablespoon at a time. If too thin, add a bit more flour.

Storage

Store at room temperature for 2-3 days, refrigerate for up to 1 week, or freeze for up to 3 months. Thaw overnight in the fridge.

Meal Prep

Make a double batch on Sunday for the week ahead. Portion into containers for grab-and-go convenience.

Substitutions

Visit proteinpancakes.co for our interactive ingredient substitution tool that automatically recalculates macros when you swap ingredients.

Want More Recipes?

Visit us for more macro-verified pancakes recipes, interactive ingredient substitutions, and more free recipe packs.

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