



CREPE COLLECTION

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

4 Macro-Verified Recipes

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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

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
- ☐

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?

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