



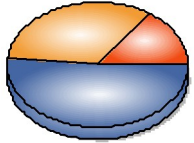
# Graeme Thomas Online

## Because "Good Enough", Isn't!

<http://graemethomasonline.com>

### Figure Crepes with low sugar syrup

Recipe grams: 392.50g/13.8oz  
 Serves 1 392.50g/13.8oz per serving  
 Prep time: 5 min. Cook time: 5 min.



Protein: 52%  
 Carbohydrates: 33%  
 Fat: 15%

#### INGREDIENTS

- 1 cup EGG WHITE, CHICKEN, RAW, fresh
- 1 scoop Protein powder
- 12 gram CHIA SEED, DRIED
- 3 tbsp SYRUP, DIET
- 1/4 cup Almond Milk

#### DIRECTIONS

1. Mix the protein powder and almond milk until protein powder is mostly dissolved.
2. Add in the egg whites and chia seeds.
3. Continue mixing - the batter should be quite runny.
4. Add a thin layer to a frying pan and cook until the batter is just heated through.

Makes about 3 large crepes.

Serve topped with berries or fruit and 3 tbsp of low-sugar syrup (E.D. Smith).

Nutrition Facts	
Serving Size: 1 serving (392.5g)	
Servings: 1	
Amount Per Serving	
Calories 330	Calories from Fat 60
% Daily Value*	
<b>Total Fat</b> 7g	<b>10%</b>
Saturated Fat 1.5g	<b>6%</b>
Trans Fat 0g	
Polyunsaturated Fat 3g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 65mg	<b>20%</b>
<b>Sodium</b> 520mg	<b>20%</b>
<b>Total Carbohydrate</b> 33g	<b>10%</b>
Dietary Fiber 7g	<b>30%</b>
Sugars 3g	
<b>Protein</b> 52g	
Vitamin A 0%	Vitamin C 0%
Calcium 25%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet.	