

# Crepés of Eggs white



- Recipe: Easy
- Preparation: 20 Min Total
- Cooking: 10 Min
- Portions: 2 People

## **Introduction:**

Do you want a quick and easy breakfast, with a delicious filling?

Here is the recipe for egg white crepés ..

The original recipe includes sugar, eggs, butter, but my recipe is much healthier and lighter. It will take just a few minutes and you will serve tasty crepés for the whole family.

**Crepes Ingredients:**

100 g of oat Flour G.F.  
300 ml of Pasteurized Egg White  
200 ml of sugar-free Almond Milk

**Filling:**

350 g of Greek Yogurt  
200 g of Blackberries  
Q.b. Acacia Honey

**Method:**

Pour the egg white, milk and flour into a bowl, mix all the ingredients with a whisk until combined.

Proceed to cooking the Crepes.

In a hot non-stick pan, pour a small ladle of batter. Tilt and rotate the pan so that the mixture is evenly distributed. Let it cook for a few minutes over medium heat. With a spatula, turn the crepes on the other side and continue cooking for another minute.

Continue in this way until the batter is finished.

Prepare the yogurt and blackberry cream.

In a blender, pour the yogurt and half of the blackberries, blend until the ingredients blend well.

Stuff the crepes with the yogurt and blackberry cream, served with a spoonful of honey, a sprinkling of rapé coconut and the rest of the blackberries.