

## Protein Pancakes (Crepes)

2 C. egg whites or egg beaters  
1 pack or (2 scoops) Muscle Gain Protein Powder  
1 apple (cored)  
½ C. Whole Wheat flour  
¼ C. Splenda  
½ tsp. cinnamon  
1 tsp. sugar free maple syrup  
½ C. blueberries

Combine ingredients into blender and mix until smooth (oatmeal like consistency). Refrigerate overnight

Place a small amount of olive oil in small frying pan and heat on medium high. When pan is hot, pour thin layer of batter in pan and allow to cook thoroughly. Just before turning, place generous amount of blueberries (or fruit of choice) on top and turn over. Cook thoroughly before removing from heat.

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