



High protein crepes

Preparation time: 10 minutes

Cooking time: 15 minutes

Ingredients for 4 crepes:

- 1 Hyperdrink HP/HC vanilla
- 1 egg
- 50g of flour
- 2 teaspoons of sunflower oil

Directions:

- > Mix all ingredients in a bowl until smooth and homogeneous paste
- > It is not necessary to let stand the dough before baking

Cooking:

- > Oil a crepe pan
- > Pour $\frac{1}{4}$ of the preparation
- > Cook for a few minutes then flip the crêpe.

HYPERDRINK HP/HC



Exists in 6 flavors : Apricot, Coffee, Caramel, Chocolate, Forest fruits, Vanilla