

# PB BANANA BREAKFAST "CREPE"



## INGREDIENTS:

- 1 low carb tortilla (50 cal)
- 1 small banana
- 1/2 cup egg whites
- 2 tbsp PB powder
- Optional: SF powdered sugar

## DIRECTIONS:

1. In a small bowl, mash the banana
  2. Mix the egg whites and mashed banana
  3. Heat a pan on medium heat and spray with cooking oil
  4. Pour banana egg white mixture on the pan, cook like scrambled eggs. Once cooked set aside
  5. Mix PB powder with desired amount of water and spread on the wrap
  6. Add the cooked banana mixture to the tortilla, fold over and dust powdered sugar over the top of the "crepe"
- Enjoy!

Makes 1 Serving

Calories: 270 | Protein: 25 g | Carb: 46 g | Fat: 4 g | Fiber: 14 g