



## Everything Bagel & Lox Crepes



1/2 of recipe (1 crepe): 123 calories, 3.5g total fat (1.5g sat. fat), 531mg sodium, 5g carbs, 1g fiber, 3g sugars, 15.5g protein

**Prep:** 10 minutes    **Cook:** 10 minutes

**Cool:** 10 minutes

More: [Breakfast Recipes](#), [30 Minutes or Less](#)



### Ingredients

#### Crepes

1/2 cup (about 4 large) egg whites  
1 1/2 tbsp. plain protein powder with about 100 calories per scoop  
1/4 tsp. [everything bagel seasoning](#)  
2 oz. roughly chopped smoked salmon with 300mg sodium or less per oz.  
1/4 cup thinly sliced cucumber  
1/2 cup chopped tomato  
1 tbsp. finely chopped red onion  
Optional topping: capers

#### Sauce

1 tbsp. light/reduced-fat cream cheese  
1 tbsp. light sour cream  
1/4 tsp. Dijon mustard  
1/8 tsp. lemon juice  
1/8 tsp. everything bagel seasoning, or more for topping

### Directions

To make the crepe batter, combine egg whites and protein powder in a medium bowl. Whisk until uniform. Bring a 10-inch skillet sprayed with nonstick spray to medium heat. Pour half of the batter into the pan, quickly tilting the skillet in all directions to evenly coat the bottom. Sprinkle with 1/8 tsp. bagel seasoning. Cook until lightly browned on the bottom, about 2 minutes.

Carefully flip with an offset spatula or flexible rubber spatula. Cook until lightly browned on the other side, about 1 minute. Transfer the crepe to a plate, and repeat with remaining egg mixture and seasoning to make another crepe. Let cool slightly, about 10 minutes.

Meanwhile, in a small bowl, combine sauce ingredients. Stir until uniform.

Top crepes with sauce, salmon, cucumber, tomato, and onion. Fold both sides of each crepe over the filling. Secure with toothpicks, if needed.

**MAKES 2 SERVINGS**

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