



## Lemon Ricotta Crepes



1/2 of recipe (1 crepe): 159 calories, 6g total fat (3.5g sat. fat), 265mg sodium, 11.5g carbs, 2g fiber, 6.5g sugars, 16.5g protein

[Click for WW Points® value\\*](#)

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



More: [Breakfast Recipes](#), [Dessert Recipes](#), [Vegetarian Recipes](#), [30 Minutes or Less](#), [Gluten-Free](#)

### Ingredients

1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute  
1 1/2 tbsp. vanilla protein powder  
2 packets natural no-calorie sweetener, divided  
2 tsp. lemon juice, divided  
1/2 tsp. lemon zest, divided  
1/2 cup light/low-fat ricotta cheese  
2 tbsp. light/reduced-fat cream cheese  
1/4 tsp. vanilla extract  
1/8 tsp. cinnamon  
1/2 cup raspberries (fresh or thawed from frozen)

### Directions

In a medium bowl, combine egg whites/substitute, protein powder, 1 sweetener packet, 1 tsp. lemon juice, and 1/4 tsp. lemon zest. Whisk until uniform.

Bring a 10-inch skillet sprayed with nonstick spray to medium heat. Add half of the batter, quickly tilting the skillet to evenly coat the bottom. Cook until lightly browned, about 1 1/2 minutes per side. Repeat to make a second crepe.

In a second medium bowl, combine ricotta, cream cheese, vanilla extract, and cinnamon. Add remaining sweetener packet, 1 tsp. lemon juice, and 1/4 tsp. lemon zest. Mix until uniform.

Divide ricotta mixture between crepes. Top with raspberries, and roll up crepes over the filling.

#### MAKES 2 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.