

CRÊPE SANS OEUF (COPIE)

 1 portion

INGREDIENTS

- 25 grams of avoine gofre & white choc [good morning]
- 30 grams of lait bjorg amandes
- 30 grams of skyr

COOKING METHOD

1° +/- arôme vanille / levure

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (85 g)	% DRI
ENERGY	135 kcal	114 kcal	6 %
PROTEIN	7 g	6 g	11 %
CARBOHYDRATE	20 g	17 g	6 %
SUGARS	0 g	0 g	0 %
FAT	2 g	2 g	3 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	2 %
FIBER	4 g	3 g	12 %
SODIUM	0 mg	0 mg	0 %