

Low Carb Crepes

Yield: 10, 10-inch crepes

Ingredients

1/2 cup blanched almond flour
1/2 teaspoon ground cinnamon
1 teaspoon whole psyllium husk flakes
8 eggs
2 teaspoons pure vanilla extract
coconut oil, to grease the crepe pan

Instructions

In a medium bowl whisk the almond flour, cinnamon, and psyllium flakes until combined and lump free. Whisk in eggs and vanilla till lump free. Set aside.

Warm [crepe pan](#) to medium heat. Use a paper towel or clean cloth dipped in coconut oil to grease the pan.

Scoop the crepe batter onto the warmed cooking surface and spread with pastry spreader. If using a frying pan, pour batter into the frying pan and tilt the pan with a circular motion to ensure that the batter coats the surface evenly. The thickness of the crepes will depend on how much batter you use for each. I use 1/4 cup. [This scoop is perfect.](#)

Cook the crepe until the sides start to crisp up and lift off easily from the frying pan. It should take about 2 minutes each, over medium heat.

Loosen with a spatula and flip over to cook the other side. Both sides should be lightly brown, and the crepes should be crispy on the sides and softer in the middle.

Repeat until all the batter is used.

To serve, fill each crepe with desired low carb sweet fillings such as:

whipped cream sweetened with stevia, berries, sugar free jam, yogurt, sugar free melted chocolate, favorite nut/seed butter. Top with unsweetened coconut flakes or unsweetened cocoa powder if desired.

Savory crepes: Simply leave out the vanilla and cinnamon and add 1/2 teaspoon salt instead.

After you cook the crepes, return to the pan, add a handful of grated cheese or cream cheese, cooked ham/bacon, grilled vegetables, or whatever savory filling your little heart desires! Fold the crepes in half and leave on heat until cheese is melted.

My fave savory combo is cheddar, bacon, green onions, and spinach.

Storage: The crepes, unfilled can be stored in a fridge, on a covered plate to keep them from drying out. Reheat and fill with filling of your choice.