

CRÊPES YOUR WAY^o



SERVES: 4 (1 crêpe each) **Prep Time:** 10 min. **Cooking Time:** 8 min.

CONTAINER EQUIVALENTS (per serving) (for Crêpes only): ½ ½



These crêpes are low in carbs and high in protein and fiber. The high protein content gives these crêpes a little more strength than the traditional flour-based variety, so they're easy to flip without tearing. They work great with both sweet and savory fillings, and they keep for up to a week in the refrigerator, which means I can make a triple batch when I'm meal prepping and have wraps for any meal of the day the entire week!

- 4** large eggs
- ¼ cup** unsweetened almond milk
- 2 tsp.** coconut sugar
- 1 pinch** sea salt (or Himalayan salt)
- 3 Tbsp. + 1 tsp.** coconut flour

SPECIAL EQUIPMENT:

Nonstick cooking spray

1. Combine eggs, almond milk, sugar, and salt in a medium bowl; whisk until well blended.
2. Add coconut flour; whisk until well blended and free of lumps. Set aside.
3. Lightly coat a 10-inch nonstick skillet with spray. Wipe skillet with a paper towel, leaving only a thin layer of spray.
4. Preheat skillet over low heat until it just begins to get hot.
5. Add ¼ cup batter to pan, swirling immediately to coat entire bottom and ¼-inch up the sides with a thin, even layer of batter; cook for approx. 90 seconds, or until crêpe has completely set. Gently peel from the edge and flip.
6. Cook for 30 seconds. Place crêpe on a plate; cover with a paper towel.
7. Continue with remaining batter, stacking crêpes with paper towels in between each on the plate.

RECIPE NOTES:

- If storing crêpes in refrigerator, cool to room temperature before placing in a resealable plastic bag. Crêpes can be stored for up to one week (or frozen for up to one month).
- Refrigerated crêpes can be rewarmed in a skillet, or for a few seconds in the microwave before serving.
- These crêpes work with both sweet and savory fillings. Make sure you are measuring and accounting for this with your containers.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): **Calories:** 108 **Total Fat:** 6 g **Saturated Fat:** 2 g **Cholesterol:** 183 mg **Sodium:** 158 mg **Carbohydrates:** 6 g **Fiber:** 2 g **Sugars:** 3 g **Protein:** 7 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.