



Keto Crepes

Keto Crepes are a simple low carb, processed sugar free that your whole family will love! Just a few ingredients and cook them on the stovetop. You can stuff them with cinnamon and sugar butter, whipped cream and berries, or even ham and cheese! What will you use?!

You can even make mini crepes on your Dash Griddle!

Recipe:

6 Eggs
4 oz Cream Cheese
1 tsp Cinnamon
½ tsp Vanilla
2 T Keto Sweetener

Blend and cook on low heat. Makes 10.

Recipes for filling:

Sweet Cinnamon Butter
Frosting
Whipped Cream

The Keto Dad Tips and Tricks:

- Recipe is for 12 on the stovetop, but you can also make mini ones for the kids on a mini griddle.
- Reheat on the stovetop if you don't eat them all.
- The macros only include the crepe - not your filling!



Serving size: Makes 12, serving size 3

Calories: 109, Fat: 7g, Carbs: 1g, Fiber: 0g, (Net Carbs 1) Protein: 9g

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