



Recipe developed by Chef Paige Vondran

CINNAMON CREPES

	Ingredients	Exchanges
Heavy Cream	60 gm heavy cream, in filling	
Protein	17.2 gm raw egg white	1 (+1 gm fat)
	11.7 gm NOW Real Food® almond flour	2 (-3 gm fat)
	9.8 gm cream cheese, softened	0.5 (-3 gm fat)
Fat	5 gm butter, softened	2 (-5 gm)
	10 gm butter, in filling, melted	2
Carbohydrate	Choice of carbohydrate	
Other	Da Vinci Gourmet® sugar-free vanilla syrup	
	Ground cinnamon	

DIRECTIONS

- In a bowl, combine the softened butter and cream cheese.
- Sweeten with a few drops (or to taste) of the vanilla syrup.
- Add the almond flour and raw egg white to the mixture.
- Sprinkle with ground cinnamon and stir until smooth.
- Grease a small pan with nonstick cooking spray.
- Warm over a medium heat and pour batter into the pan.
- Cook for about 5-6 minutes, then flip over gently to cook the other side.
- While the crepe is cooking, begin assembling the cream filling.
- Melt the butter in a small bowl.
- While stirring, pour the heavy cream into the melted butter. Continue to stir until a thicker, creamy consistency is formed.
- Add 1/8 tsp of vanilla syrup to the filling mixture and stir.
- Remove the crepe from the pan and place on a serving dish. Pour the cream filling over the crepe. Fold the crepe in half over the cream filling.

VARIATIONS

- Adjust the gram amount of heavy cream as required on individualized meal plan.
- Any brand of regular, full fat cream cheese can be used for this recipe.
- Smart Balance® can be used in place of butter.
- Other keto-approved almond flour brands may be used when calculated accordingly.
- The crepe can be frozen without the cream filling in an airtight storage bag. The cream filling should not be frozen.
- Carbohydrates can be added to the crepe batter or mixed into the filling, such as blueberries, sugar-free chocolate chips, or chopped strawberries.