

# No Carb Classic Buttery Crepes

.16 net carbs per serving for 6 servings.



- 2 whole eggs
- 3 ozs neufchatel cheese, softened
- 1/4 tsp vanilla extract
- 1/2 tsp ground cinnamon
- dash sea salt
- liquid Splenda, to taste
- 2 tbsps unsalted butter



LowCarbeDiem.com

Combine cream cheese, eggs, vanilla, cinnamon, sea salt and sugar free liquid sweetener (to taste) in a mixing bowl. Blend well until very smooth using a wisk, hand mixer or blender. Let the crepe batter rest for 2 to 3 minutes.

Add butter to a skillet over medium heat. Gently pour the batter into circles. Cook crepes 3 to 4 minutes, or until undersides are golden brown. Loosen the crepe edges with a spatula and flip each one. Cook for 1 minute longer.

Slide crepes out of the skillet and store in a warm oven until ready to eat (180 to 200 F). You may also place the warm crepes on paper towels to cool, then store in the fridge (lasts a few days) or freezer (lasts a month).

Add butter to the skillet and repeat the steps with remaining batter. Top with more butter or whipped heavy cream. Makes 6 large crepes, 7 to 8 inches in diameter.

Serving sizes can vary. Nutrition Facts are for total recipe.

## Nutrition Facts

Amount Per Serving		
<b>Calories</b>	562	Calories from Fat: 472
		<b>% Daily Values*</b>
<b>Total Fat</b>	52g	80%
Saturated Fat	30g	148%
<b>Cholesterol</b>	501mg	167%
<b>Sodium</b>	454mg	19%
<b>Total Carbohydrates</b>	2g	1%
Dietary Fiber	1g	2%
<b>Protein</b>	20g	
<b>Vitamin A</b>		48%
<b>Vitamin C</b>		1%
<b>Calcium</b>		13%
<b>Iron</b>		11%

\* Percent Daily Values are based on a 2000 calorie diet.