

# Keto Strawberry Crepes

prep time: 5 minutes

cooking time: 40 minutes

makes: 8 small



## Ingredients:

### STRAWBERRY COMPOTE

- 400g fresh strawberries
- 1/4 cup water
- 1 tbsp Xylitol

### CREPES

- 4 large eggs (room temperature)
- 150g cream cheese (room temperature)
- 1 tsp vanilla extract
- 1 tbsp Xylitol
- 1 tbsp melted butter
- 150g Whipped cream

## Method:

### STRAWBERRY COMPOTE

1. Heat the strawberries, xylitol and water over medium-high heat in a saucepan until water has evaporated (30 - 40 minutes) and reaches a syrupy consistency.
2. Set aside and allow to cool.
3. You can store this in the refrigerator in an airtight container for up to 2 weeks.

### CREPES

1. Mix together the eggs, cream cheese, vanilla Xylitol & melted butter. Best done with a hand mixer, try to remove all the small cream cheese chunks.
2. Heat a small-medium non-stick pan (we used 6 inch) over medium-low heat and grease with olive oil or butter.
3. Once hot, add a little less than 1/4 cup of the mixture to the pan and tilt to coat the pan.
4. Cover with a lid as it cooks though, when it is cooked flip over and cook for another 30 seconds. Repeat until no more batter is left.
5. Place a crepe onto a plate, add some strawberry compote and some whipped cream. Roll it up and you are done. Yummy!

1 Strawberry Crepes & Cream:

Calories: 174kcal Fat: 14g Protein: 5.9g Carbs: 8g

My Über