



Coconut Flour Crepes

Active Time: 20 minutes | **Total Time:** 20 minutes | **Serves:** 4

Nutrition Information Per Serving

193.2 calories, 1.84 g carbohydrate, 0.54 g fiber, 1.3 g NET carbs, 4 g protein, 19.72 g fat

Ingredients

- 2 Tbsp(s) grass-fed salted butter, melted
- 2 large(s) pasture-raised eggs
- 1/8 tsp(s) sea salt
- 1/8 tsp(s) organic vanilla extract
- 1 Tbsp organic extra virgin coconut oil
- 1/2 cup(s) organic coconut milk
- 2 Tbsp(s) organic coconut flour
- 1 pinch organic nutmeg

Preparation

1. Whisk eggs, butter, vanilla, nutmeg, and salt. Let stand 5 minutes.
2. Stir in coconut flour and coconut milk.
3. Heat 1 tsp. oil in a safe, nonstick skillet, turning to coat. Pour in about one quarter cup of batter. Quickly rotate the skillet so the batter forms a big, thin circle (about 7-8 inches).
4. When the crepe starts to bubble and edges begin to brown, flip it over; cook 1 or 2 minutes.
5. Repeat with remaining batter.

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