

# BLUEBERRY CREPES

<b>Prep Time</b> 10 minutes	<b>Cook Time</b> 4 minutes	<b>Total Time</b> 14 minutes
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## Ingredients:

- 2 egg whites
- 1 tsp. honey
- 2 tbsp. butter, ghee, or coconut oil, plus a little extra to grease the pan
- A pinch of salt
- ½ tsp. Vanilla extract
- ⅓ c. coconut or almond milk
- 2 tbsp. Coconut flour
- Coconut cream

### Blueberry Sauce

- 1 c. fresh blueberries
- 1 tsp. honey
- ½ tsp. arrowroot



## Directions:

1. Melt 2 Tbsp of butter. Whisk the melted butter, eggs, honey, vanilla, salt and coconut milk together. Add in the coconut flour and mix well.
2. Grease a frying pan and set your heat to medium high. Use a ladle to spoon batter into the hot pan. Tilt pan around to help the batter spread out into a thin even layer.
3. Cook for about 2 minutes until the bottom is light brown. Use a spatula to flip in one quick motion. Cook another 2 minutes or until the crepe is cooked through.
4. Fill with sauce. Top with a little more sauce and some coconut cream.

**Sauce:** Heat the blueberries in a saucepan with the honey over medium heat. After about 5 minutes they will soften and pop open, releasing their juice. Once the juice is bubbly and the blueberries are all soft, mix the arrowroot powder in a small bowl with a spoon or two of water. Now add that to the blueberry sauce and stir until it has thickened.

## **Nutrition Facts**

**Servings: 2 Fat: 22g Carbs: 22g Protein: 4g Calories: 292**