



EASY SAVORY CREPES

Makes 6 crepes to serve two

INGREDIENTS

- 4 oz Cream cheese, softened (Not the “fat-free” kind.)
- 4 Eggs

DIRECTIONS

1. Put eggs in a blender or “magic bullet” type mixer and blend until quite frothy.
2. Add softened cream cheese and blend until smooth.
3. Let rest for 2 minutes so the bubbles can rise and mostly leave the mixture.
4. Pour 1/3 of the batter into a HOT pan greased with butter or “Pam” spray.
5. Cook until golden, flip and cook other side until golden brown as well.
6. Repeat two more times with the rest of the batter.
7. Use as you would any crepe with any crepe recipe, such as [this spinach, bacon and mushroom crepe recipe](#). When searching for savory crepe recipes for brunch or dinner, simply swap out the above easy two-ingredient, low-carb crepe for the flour and other unhealthy crepes. Stuff our above easy crepe with the ingredients shown in any online recipe such as [this one](#).