Prep Time: 10 Minutes
Cook Time: 15 Minutes
Total Time: 25 Minutes

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Introduction

Ah, crepes. The quintessential French treat that can be folded, rolled, and stuffed with everything from sweet berries to savory cheeses. But for those following a ketogenic lifestyle, traditional wheat-based crepes are a distant memory. They are often dense, eggy, or prone to tearing—until now.

This recipe solves the keto crepe dilemma. By utilizing a specific blend of almond flour for structure, coconut flour for absorbency, and a touch of xanthan gum for elasticity, we achieve a batter that mimics the real deal. These crepes are pliable, golden brown, and have that signature delicate texture. Whether you are making a savory lunch wrap or a decadent dessert, this recipe is your new go-to.

Ingredients

For the Batter:

- 4 large Eggs (room temperature)
- ½ cup Unsweetened Almond Milk (or heavy cream for richer flavor)
- 2 tbsp Unsalted Butter, melted (plus extra for greasing the pan)
- ½ tsp Vanilla Extract (omit if making savory crepes)
- ½ cup Fine Almond Flour (blanched)
- 2 tbsp Coconut Flour
- ¼ tsp Xanthan Gum (essential for flexibility)
- 1 pinch Salt
- 1-2 tsp Granulated Erythritol (optional, for sweet crepes)

Tools:

- Non-stick 8-inch or 10-inch skillet or crepe pan

- Blender (highly recommended for smooth batter)
- Spatula
- Measuring cups and spoons

Instructions

Phase 1: The Batter Preparation

Time: 5 Minutes
Intensity: Low (Whisking)

1. Combine Wet Ingredients: In a blender (or a medium bowl if using a whisk), combine the eggs, almond milk, melted butter, and vanilla extract. Blend or whisk until the mixture is frothy and uniform in color.
2. Whisk Dry Ingredients: In a separate small bowl, whisk together the almond flour, coconut flour, xanthan gum, salt, and erythritol (if using). Breaking up any lumps in the almond flour is crucial.
3. Mix and Rest: Add the dry ingredients to the wet ingredients. Blend for 15-20 seconds until completely smooth. The batter will be thin—thinner than pancake batter, which is exactly what we want.

4. The Rest Period: Let the batter rest in the refrigerator for 10 minutes. This allows the coconut flour and xanthan gum to hydrate, which prevents the crepes from tearing during cooking. *Note: If the batter thickens too much during this time, whisk in a tablespoon of water.*

Phase 2: The Cooking Process

Time: 10-15 Minutes
Intensity: Medium (Requires focus on heat control and swirling)

1. Heat the Pan: Place your non-stick skillet over Medium-High heat. It is vital that the pan is fully heated before adding batter. Add a small pat of butter and swirl to coat the bottom evenly. If the butter browns immediately, your pan is too hot; lower the heat.

2. Pour and Swirl: Lift the pan off the heat. Pour about 3 tablespoons (approx. 1/4 cup) of batter into the center of the pan. Immediately tilt and rotate the pan in a circular motion to spread the batter thinly and evenly across the surface.

3. Cook Side One: Return the pan to the heat. Cook for 45 seconds to 1 minute. The edges should lift slightly and the bottom should be golden brown. You will know it is ready to flip when the surface looks mostly set and no longer wet.

4. Cook Side Two: Run a spatula around the edge to loosen the crepe. Flip gently. Cook for an additional 20-30 seconds on the second side. (Keto crepes cook faster than flour crepes, so watch closely to avoid burning).

5. Repeat: Slide the finished crepe onto a plate. Repeat with the remaining batter, adding a little butter to the pan every 2-3 crepes. Stack the crepes on top of each other to keep

them warm and soft.

Phase 3: The Final Fold (Serving)

Time: 2 Minutes
Intensity: Low

Once all crepes are cooked, they are ready to serve. Because these crepes are low-carb, they are perfect for both sweet and savory fillings.

- Sweet Idea: Spread with sugar-free hazelnut spread, whipped cream, and sliced strawberries.
- Savory Idea: Fill with smoked salmon, cream cheese, capers, and fresh dill.

Recipe Notes & Troubleshooting

- Consistency is Key: The batter should resemble heavy cream. If it becomes too thick while sitting, add a splash of water. If it is too thin, it will make fragile crepes.
- The First Crepe: As with traditional pancakes, the first crepe is often a test run to gauge the heat of the pan and the thickness of the batter. Don’t worry if it tears; the subsequent ones will be better.
- Xanthan Gum: Do not skip this ingredient. Almond and coconut flours lack gluten, which

provides elasticity. Xanthan gum acts as a binder that allows the crepe to bend without breaking.

- Storage: These crepes can be made ahead of time. Store them in an airtight container in the refrigerator for up to 3 days, or freeze them with parchment paper between each layer for up to 2 months.

Nutrition Information (Per Serving)

Disclaimer: Nutritional information is provided as a courtesy and is based on the recipe ingredients used. It is calculated per crepe (based on a yield of 8 crepes) and does not include fillings.

- Calories: 98 kcal
- Total Fat: 8.5g
- Saturated Fat: 2.9g
- Cholesterol: 85mg
- Sodium: 45mg
- Total Carbohydrates: 2.1g

- Dietary Fiber: 0.9g
- Total Sugars: 0.4g
- Net Carbs: 1.2g
- Protein: 4.2g