

# Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

## Crepes

### Ingredients

*8 large free-range eggs*

*2 tbs of coconut flour*

*1 tbs psyllium husk or ground chia seeds*

*90 ml of coconut milk, cream or almond milk*

*½ tsp of baking soda*

*1 tsp of cream of tartar*

*2 tbs of coconut oil (or spray olive oil)*

*1 clove of garlic, crushed*

*Salt to taste*

### Method

1. Take 6 of the eggs and separate the yolks from the egg whites.
2. Combine egg whites and the remaining 2 whole eggs, coconut flour, psyllium husk (or chia seeds), coconut milk, baking soda and cream of tartar in a bowl and mix thoroughly.
3. Add crushed garlic and whisk.
4. Let the batter stand for 5 minutes as the coconut flour and psyllium husk need to swell and absorb the moisture.
5. Heat a nonstick pan evenly on a low heat with the coconut oil (or spray). Move the pan while pouring in the batter so that the batter is spread in a thin, even layer. NOTE: The batter should be runny so that it can spread easily. If it is too thick add one tbs of water.
6. Make the crepes one by one and grease the pan between each so the crepes do not stick to the pan.
7. Cool and serve with desired toppings.



**Preparation Time:** 5 minutes

**Cooking Time:** 15 minutes

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**Makes 8 crepes**

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