



Blackberry Crepes

INGREDIENTS

- 4 ounces cream cheese
- 1 Tbsp sweetener (we used Pyure)
- 1 Tbsp lemon juice (if you prefer your dessert less tart, start with a little less and add more if needed)
- 1 tsp vanilla extract
- 1/2 c blackberries

CREPE INGREDIENTS

- 2 ounces cream cheese
- 2 eggs
- Butter for cooking

DIRECTIONS

Put 2 ounces of cream cheese and two eggs into a blender, blend until smooth. Butter a nonstick pan and pour the crepes to the size of your liking!

For the filling, put 4 ounces of softened cream cheese in a bowl. Add the sweetener and mix until completely smooth. Add lemon juice and vanilla. Mix. Add in your blackberries or berries of choice, and mix/mash with a fork.

MACROS:
341 Calories
34 g Fat
15 g Protein
4 carbs

