

# Low-Carb Savory Crepe Cake

Hands-on 30 minutes Overall 50 minutes



**Nutritional values (per serving, 1/4 crepe cake):** Total carbs: 7.7 g, Fiber: 2.6 g,

**Net carbs: 5.2 g**, Protein: 11.2 g, Fat: 24.5 g, Calories: 269 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app

## Ingredients (makes 1 crepe cake)

### Keto crepes:

- 1 large egg
- 3 large egg whites (*reserve 3 egg yolks for another use*)
- 3 tbsp heavy whipping cream, [coconut milk](#) or [almond milk](#) (45 ml)
- 1 1/2 tsp [coconut flour](#) (12 g/ 0.4 oz)
- 1 1/2 tsp ground [psyllium husks](#) or ground [chia seeds](#)
- 1 tsp [gluten-free baking powder](#)
- pinch of sea salt
- Optional:* garlic powder or onion powder to taste

### Mushroom layer:

- 2 tbsp butter or [ghee](#) (28 g/ 1 oz)
- 350 g white mushrooms, thinly sliced (12.4 oz)
- 1 clove garlic, minced
- sea salt and pepper, to taste
- 1 tsp [coconut flour](#)
- 1/3 cup unsweetened [almond milk](#) (80 ml/ 2.7 fl oz)

### Cream cheese layer:

- 2/3 cup + 1 tbsp cream cheese (170 g/ 6 oz)
- 4 tbsp chopped fresh herbs (parsley, chives, dill), divided
- 1/4 cup unsweetened [almond milk](#) (60 ml/ 2 fl oz)
- black pepper, to taste
- Optional:* more fresh herbs for topping

## Instructions

- In a bowl, whisk all of the ingredients to make the crepes. Let the batter sit for 5-10 minutes, so the coconut flour and psyllium have time to soak up the moisture. Then, whisk again. Add water if too thick.
- Heat a non-stick pan evenly greased with ghee (or coconut oil) over medium heat. Move the pan while pouring the batter in to ensure the crepe covers the bottom and is thin (one sixth of the batter should be about 3 tablespoons). The batter should be runny, so that you can spread it easily. If it's too thick, add a tablespoon of water and whisk again.
- Grease the pan with a small amount of oil before you make another crepe to avoid sticking. You should be able to make 6 crepes. Set aside. *Note: Instead of 1 tsp baking powder you can use a combination of 1/2 tsp cream of tartar + 1/4 tsp baking soda, or 1/2 tsp apple cider vinegar + 1/4 tsp baking soda.*
- To make the mushrooms, melt the butter in a large pan over medium heat, add the sliced mushrooms and garlic.
- Cook until mushrooms are soft, around 4-5 mins. Stir in the salt, pepper and coconut flour, then drizzle in the almond milk while you stir. Cook another minute or two until the liquid is evaporated.
- To make the cream cheese layer, mix all ingredients in a small bowl until combined. The cream cheese mixture should be at room temperature to make it spreadable — if it's not or if the room is cold, microwave for 10 seconds to soften.
- To assemble, place a crepe on a large plate, spread thinly with a sixth of the cream cheese mixture.
- Add a spoonful of the mushrooms. Continue to add alternating layers, finishing with the cream cheese. Sprinkle with the extra herbs to serve.
- This is best served after cooling in the fridge at least half an hour — this will allow the layers to 'set' and make it easier to cut.
- Leftovers can be eaten up to three days after making if stored in a sealed container in the fridge.

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