



## CRÊPES SUZETTE

229  
calories

17.8 g  
carbs

33.8 g  
protein

0.7 g  
fat

### INGREDIENTS for one servings

### DIRECTIONS

#### *for the crêpes*

300g egg whites  
3-4 tbsp sweetener

Heat up a pan to medium-high and lightly spray with oil

Pour in about 1/3 (100g) of the egg whites

Dust with about 1 tbsp of sweetener and once the egg white is cooked through (it will come loose around the edges) fold it in half, then fold it in half again (into a quarter) and transfer to a plate



If the egg white collects around the sides of the pan, gently push some of the liquid towards the middle to help even out the thickness of the crêpe

#### *for the orange sauce*

1/2 orange  
70ml orange juice  
50ml water  
2-3 tbsp sweetener  
1 pinch salt  
1/4 tsp xanthan gum  
1 tsp Grand Marnier (optional)

Add zest and flesh of half an orange to a pan and combine with orange juice, water, sweetener, a touch of salt, and xanthan gum

Give it a good whisk to incorporate the xanthan gum and heat it over medium-high heat until it thickens up

Adjust sweetness to taste and finish off with some Grand Marnier