



Go Healthy. Go Clean. Go-low.

We've taken the classics and turned them into low carb, high taste, everyday staples and treats, with no nasties in sight! Wholesome through and through, they're super easy to rustle up and before you know it you'll be tucking into homemade goodness while staying on track with inner keto karma.

Say 'Bonjour' to our fantastically low carb French Style Crêpes.
They're a delight for your taste buds at brekkie, dinner or dessert.
Go simple or go creative and make them your own.

HEALTHY FATS – NUTRIENT DENSE – SIMPLE WHOLEFOOD INGREDIENTS – NO NASTIES

First, get your hands on:

4 eggs (or vegan substitute)
440ml milk of your choice or water
Butter or oil for frying
(Optional, for a sweet tooth: 1 tbsp granulated sweetener and 1 tsp vanilla essence)

Ok now...

- Using a bowl or blender mix all the ingredients to form a smooth batter.
- Heat a lightly greased non-stick pan to a med/high heat (small 6" pan is best).
- Add 3 tbsp of batter and swirl around to coat the pan.
- Allow to cook for 2-3 mins. Turn when browned underneath, holds together and can be fully loosened. If turned too early it will tear.

Tip: Remember, the first one might not always be the best! But practice makes perfect. As all hobs and pans are different play around and see what works best for you. Make a stack, keep in the fridge and microwave for a super quick brekkie!



Share your creations & get inspo
@golowbaking

Net Weight: 204g



Recyclable

Best Before

Nutrition Information (when made with water)

Serving size: 22g per Crêpe

Servings per packet: 20 (6" Crêpes)

| Typical Value | Per Serving | Per 100g |
|---------------|----------------|------------------|
| Energy | 224 kJ/54 kcal | 1020 kJ/244 kcal |
| Fat, total | 4.0g | 18.4g |
| - saturated | 0.5g | 2.4g |
| Carbohydrate | 1.6g | 7.2g |
| - sugars | 0.4g | 1.6g |
| Fibre | 1.0g | 4.3g |
| Protein | 2.3g | 10.5g |
| Salt | 0.1g | 0.6g |

Low down on ingredients:

Almond Flour, Tapioca Starch,
Coconut Flour, Sea Salt.

Allergens in bold.

www.golowbaking.co.uk

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