
Blood Sugar-Friendly Strawberry Cream Cheese Crepes

Delicate crepes filled with lightly sweetened cream cheese and fresh strawberries—a surprisingly diabetes-friendly dessert when portioned mindfully and made with low-glycemic flour alternatives.

Prep: 15 min

Cook: 15 min

Total: 30 min

Servings: 4

GL 12.7 / GI 78

Ingredients

Full-fat preferred for better satiety and slower glucose absorption cream cheese, softened

High GI ingredient - use sparingly; consider erythritol-based alternatives powdered sugar, sifted

Adds sweetness perception without sugar vanilla extract

Choose whole grain or almond flour crepes for lower GI whole grain crepes, 8-inch diameter

Low GI fruit (40) - excellent choice for blood sugar control fresh strawberries, hulled and sliced

Optional garnish - can be omitted entirely powdered sugar for garnish

Use sugar-free version to minimize glycemic impact sugar-free caramel sauce, warmed

Instructions

Step 1

Prepare the crepe batter: In a blender or mixing bowl, combine almond flour, eggs, unsweetened almond milk, melted butter, granulated erythritol, vanilla extract, and salt. Blend or whisk until completely smooth with no lumps remaining. Let the batter rest for 5 minutes to thicken slightly.

Step 2

Heat a non-stick 8-inch skillet or crepe pan over medium heat. Lightly coat with cooking spray or a small amount of butter. Pour approximately 3 tablespoons of batter into the center of the pan, immediately tilting and rotating the pan in a circular motion to spread the batter into a thin, even layer covering the bottom.

Step 3

Cook the crepe for 1-2 minutes until the edges begin to lift and the bottom is lightly golden. Carefully flip using a thin spatula and cook for an additional 30-60 seconds on the other side. Transfer to a plate and repeat with remaining batter to make 4 crepes total, stacking them with parchment paper between each to prevent sticking.

Step 4

Prepare the cream cheese filling: Place the softened cream cheese in a medium mixing bowl. Using an electric mixer on medium speed, beat the cream cheese for 1-2 minutes until completely smooth and creamy with no lumps remaining.

Step 5

Add the sifted powdered erythritol and vanilla extract to the whipped cream cheese. Continue mixing on medium speed until all ingredients are fully incorporated and the mixture is light and fluffy, about 1 minute.

Step 6

Assemble the crepes: Lay the four crepes flat on a clean work surface. Divide the cream cheese mixture evenly among them, spreading approximately 1 tablespoon onto each crepe while leaving a half-inch border around the edges to prevent overflow during rolling.

Step 7

Distribute the sliced strawberries evenly over the cream cheese layer on each crepe, using about 2 strawberries per crepe. Gently but firmly roll each crepe into a cylinder shape, folding in the sides as you roll to create a neat package.

Step 8

Transfer one filled crepe to each of four serving plates. If desired, lightly dust with powdered erythritol and drizzle with a small amount of melted sugar-free dark chocolate or serve with fresh berry compote. Serve immediately while fresh. For best blood sugar control, enjoy after a protein-rich meal and limit to one crepe per serving.