



## PUMPKIN LATTE CREPES (Low-Carb)

Recipe by Terrie (@thelowcarbcontessa)  
and featured on MariGoldBars.com

*“Mark this one up for the end of the year Halloween-Thanksgiving time!*

*What a gem this one is for sure!”*

- Terrie (@thelowcarbcontessa)

### INGREDIENTS:

- 4-6 tbsp Canned Pumpkin
- 1 tsp Pumpkin Spice
- 8 oz Cream Cheese (softened)
- 2 scoops (30 g) MariGold Vanilla Collagen Latte High Protein Coffee Powder
- 2 C Heavy Whipping Cream
- 1 tsp Vanilla Extract
- 1/2 C Powdered Sweetener (I used @eatsweetlogic allulose - can be blended to make it more powdery, but didn't find it necessary.)
- @crepini\_healthywraps Sweet Potato & Turmeric Egg Wraps (or your favorite wraps)
- Optional: Low Carb Caramel Sauce (posted on original recipe on MariGold website).



### DIRECTIONS:

1. Place softened cream cheese in a large bowl, and whip until light and fluffy. Add the pumpkin, pumpkin spice, and MG Coffee Powder, and using a mixer, whip until well combined. Set aside.
2. In a separate metal bowl (that has been in freezer for at least 15 minutes prior) whip the heavy whipping cream, sweetener, and vanilla together until stiff peaks form. Gently fold whipped cream into the cream cheese mixture. I did this about 1/4 cup at a time. OPTIONAL: reserve approx 1/2 cup whipped cream for garnishing crepes.
3. Spoon or pipe pumpkin latte filling into the center of the crepe wrap, fold over, garnish with whipped cream, powdered sweetener, and/or pumpkin spice & caramel sauce if desired. ENJOY!

Featuring MariGold  
Vanilla Collagen Latte High Protein Coffee  
(MariGoldBars.com)

