

*Jo Saxton, March 2018*

## MAKE-YOUR-OWN CREPES

\*GLUTEN-FREE | VEGETARIAN OPTION

### *For the crepes*

- 1 cup all-purpose flour
- 1 egg
- 1 egg yolk
- 1  $\frac{3}{4}$  cups milk

### *Savory filling options*

- Crumbled goat cheese
- Shredded Cheddar cheese
- Diced turkey breast
- Sauteed chicken sausage
- Sauteed kale
- Sliced avocado
- Salsa
- Sour cream

### *Sweet filling options*

- Sliced banana
- Diced apple
- Blueberries
- Peanut butter or almond butter
- Shredded coconut
- Chia seeds
- Chopped nuts

### INSTRUCTIONS

1. Sift flour into a bowl and make a well in the middle.
2. In a separate bowl, whisk together one egg, one yolk, and a little bit of the milk.
3. Pour milk and egg mixture into the well. Whisk with a little bit of the flour.
4. Gradually whisk half of the remaining milk into the flour mixture, drawing in the rest of the flour a little at a time, working to make a smooth batter.
5. Stir in the remaining milk. Cover and leave batter to stand for 30 minutes.
6. Heat a frying pan and brush with a little oil.
7. Ladle two or three tablespoons of batter into the pan and tilt the pan so that the batter spreads out evenly over the bottom.
8. Cook the crepe over medium-high heat for 45-60 seconds until small holes appear on the surface, the underside has lightly browned, and the edge of the crepe has started to curl.
9. Flip the crepe and cook for 30 seconds, until golden. Slide the crepe out of the pan.
10. Cook remaining crepes, lightly greasing the pan again before making each crepe.
11. Serve crepes with toppings of choice.