

# Gluten-Free Crepes



**Time:** 35 minutes (prep 15 minutes, cooking time 20 minutes)

**Serves:** 6

**Crepe Ingredients:**

- 1 cup buckwheat flour
- 1 ½ cups coconut or almond milk
- 4 eggs
- 1 teaspoon salt
- 4 tablespoons avocado oil, ghee, or coconut oil
- 2 more tablespoons of avocado oil for cooking

**Filling Combinations:**

- Goat cheese, honey, slivered almonds, and cranberries.
- Sautéed kale or chard with garlic or onion, mushrooms, nutritional yeast, and garlic sauce.
- Scrambled eggs with sautéed spinach and garlic. You can replace garlic with any fresh or dried herbs such as cilantro, basil, tarragon, or parsley.
- Fresh berries with honey.
- Almond or cashew butter with banana and toasted walnuts.

## Directions:

1. Stir flour and salt together in a large bowl.
2. In a small bowl, whisk eggs and milk.
3. Mix all ingredients until well combined, adding egg/milk mixture in slowly, and whisk to remove all clumps.
4. Add 4 tablespoons avocado oil, ghee, or coconut oil.
5. Strain through a fine mesh strainer to remove any lumps.
6. Heat a large non-stick pan over medium heat until warm.
7. Add some of the avocado oil for cooking and swirl around the pan.
8. Pour a small amount of batter (about ½ cup) into the pan and swirl around to coat the bottom of the pan.
9. Cook for 2-3 minutes or until bottom is golden brown.
10. Then carefully flip and cook the other side for 1-2 minutes more. Reduce heat if crepe is cooking too fast.
11. Slip onto plate, add filling, fold, and enjoy.

**Note:** For best results make the batter the night before and store in refrigerator overnight. Take out of the refrigerator and let sit for 15 minutes to bring to room temperature, then mix batter with a whisk before cooking. Crepes can be cooked, cooled, and stacked in a large Ziploc bag then stored for 2 days in the refrigerator (or 2 months in the freezer).