

BUCKWHEAT CRÊPES



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Yield: 4 servings
Preparation Time: 5 mins
Cooking Time: 20 mins

- 1 1/4 cups buckwheat flour
- 1/2 tsp. salt
- 3 large eggs
- 1/2 cup coconut oil (melted)
- 1 cup almond milk
- 1/2 cup water
- Extra oil for skillet
- 6-8 ripe plums (optional)
- 1/2 cup Greek yogurt (optional)
- 1/4 cup flaked almonds

These delicious crepes are dairy-free and gluten-free. Flours made from buckwheat, coconut or almond are perfect alternatives to your regular grain-based flours. They are free of gluten and have a lower Glycemic Index, so they are less likely to spike your blood sugar. And they are perfect for anyone with food sensitivities.

I like to serve these crepes with some Greek yogurt, flaked almonds and whichever fresh fruit I have in my fridge. Be inventive and use your own favorite toppings!



1. Mix the flour and salt together in a large bowl.
2. In a separate bowl whisk the eggs, oil, milk and water together.
3. Pour the wet ingredients into the dry and mix to incorporate until smooth with no lumps remaining.
4. Heat 1 tablespoon of coconut oil in the bottom of a large skillet over a medium heat.
5. Once hot, pour enough crepe mixture into the pan to cover the bottom with a thin layer.
6. Cook for 1-2 minutes until the top has no remaining wet mixture on top and the bottom is beginning to brown in spots.
7. Flip over and cook for a further 1-2 minutes on the other side.
8. Repeat process with the remaining mixture.
9. Top the crepes with chopped plums, Greek yogurt and flaked almonds.