

CREPES

Serving Size: 6

INGREDIENTS:

- flour 2 cups
 - eggs 3
 - water 1 cup
 - milk 1 cup
 - vanilla 1 tsp
 - salt pinch
 - sugar 1 tbsp
 - butter (for cooking)
- up to 1 cup extra water

Filling:

- strawberries
- blueberries
- bananas
- maple syrup
- sugar
- anything else

EQUIPMENT:

- large mixing bowl
- hand blender
- measuring cups
- measuring spoons
- non-stick, light, frying pan
- butter knife
- flipper



METHOD:

1. In a large mixing bowl add flour, salt, eggs vanilla, sugar, milk, and water.
2. Blend using a handheld mixture until very smooth and runny. If needed, add a little more water until proper consistency is achieved.
3. Heat up a frying pan on high heat and allow to get very hot. Then add butter (approx 1 tsp) and move around pan until coated and reduce heat to medium high
4. Using a ladle, pour crepe batter in a circular motion into pan filling it with a thin layer.
5. Cook for approx. 30 seconds, then flip and cook for another 30 seconds.
6. Garnish with fruit, maple syrup, chocolate etc.



ENJOY

