

Whole Wheat Crepes

If you can make pancakes, you can definitely make crepes! I know that they might seem fancy, but they are incredibly versatile and can be served with both savory and sweet fillings and store extremely well. I recommend using a flat, lightweight griddle that fits over top of gas burners. I like to make two at a time and cool them on a wire rack before wrapping them in plastic wrap and storing in the fridge.

Makes 15, 6-inch crepes

Ingredients

1 ½ cup water
1 cup whole wheat pastry flour
1/2 cup low-fat, 1% buttermilk
2 egg whites
2 teaspoons olive oil
¼ teaspoon salt
Non-stick cooking spray

Directions

Blend all ingredients in a blender or food processor until smooth. Refrigerate 1 hour or up to 8 hours covered.

Heat a griddle or a crepe pan over medium heat. Coat with cooking spray. Transfer about ¼ cup of the batter onto the griddle or pan and spread it out with a small spatula or spoon. Cook 2 to 3 minutes until the crepe begins to brown around the edges, and starts to dry out on the top. Flip and cook an additional 2 minutes until the crepe is no longer wet in the center but still moist.

Make It A Meal

Serve with corn chowder or salmon Nicoise salad

Wine Pairing

Gewürztraminer