



Healthier Basic Crepes

Jacob · 29/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

4

Description

I love this recipe because it is so simple to make I have made it healthier by substituting whole wheat flour and 1 milk I like to fill them with nonfat plain Greek yogurt and blueberries warmed in maple syrup Yum

Ingredients

- - 1 cup white whole wheat flour - 2 eggs - ½ cup low-fat (1%) milk - ½ cup water - ¼ teaspoon salt - 2 tablespoons butter
- melted - ½ cup non-fat plain Greek yogurt - ¼ cup maple syrup - ½ cup blueberries

Instructions

1. Whisk together flour and eggs in a large mixing bowl. Gradually add milk and water
2. stirring to combine. Mix in butter and salt and beat until smooth. Heat a lightly oiled griddle or frying pan over medium-high heat. Pour or scoop 1/4 cup batter onto griddle. Tilt pan with a circular motion so batter coats the surface evenly. Cook crepe until bottom is light brown
3. about 2 minutes. Loosen with a spatula
4. turn and cook other side. Serve hot with yogurt
5. maple syrup
6. and blueberries. Editor's Note: This recipe is a healthier version of Basic Crepes.