

GLUTEN FREE CREPES

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(this makes a lot, you may half this recipe to serve 3-4)

12 eggs

4 Tablespoons coconut flour

1 Tablespoon sugar (or 1 teaspoon Agave or maple syrup)

1/8 teaspoon salt

1/4 teaspoon vanilla extract

Coconut oil or butter for skillet

Choose a skillet that is the size of crepe you want. The batter will be swirled to meet the edges of the bottom. 6- 8 " is recommended.

Preheat skillet to medium heat.

Blend all ingredients except coconut oil/butter in blender until smooth.

Use approximately 1 tsp oil or butter for skillet and swirl to cover, even in a nonstick pan. Pour approx. 1 Tablespoon batter into center of skillet and immediately pick up the pan and tip to swirl the batter to cover the bottom of the pan.

When the surface of the crepe looks dry, gently loosen edges with spatula and flip carefully. Lightly brown the 2nd side. Watch carefully as they cook very quickly.

Turn the cooked crepe onto a plate and for each crepe, layer wax paper between, or alternate between 2 plates so they have a chance to cool before being stacked.

Serve warm with your choice of fillings:

Ricotta cheese (may be sweetened slightly with confectioners sugar or maple syrup)

Marscapone cheese

Apple sauce

Whipped cream

Peanut butter

Fresh fruit

And top with your choice of :

Maple or agave syrup

Fruit sauce (see recipe on www.playingwithfood.tv)

