

Whole Wheat Crepes

Courtesy of Chef Lacey Lee Berry

INGREDIENTS:

- 2 large eggs
- 1 cup whole milk
- 1/2 cup water
- 1 tablespoon Xagave
- 1 teaspoon vanilla
- 1/4 teaspoon salt
- 1 cup fresh ground whole-wheat flour
- 1 tablespoon melted unsalted butter (extra for cooking)

Optional- Remove the sweetener and add your favorite herbs or spices and make the savory or for extra flavor add your favorite liqueur.

INSTRUCTIONS:

1. Put all ingredients in blender and mix well. Place in the refrigerator for 30 minutes. This will allow the bubbles to relax and help prevent tearing.
2. Melt a small amount of butter in an 8 or 10-inch frying pan over medium heat, pat out any excess.
3. Tilt the pan and pour enough batter on one side to thinly and evenly cover the pan. Quickly, swirl the batter around to cover the pan.
4. Cook the crepe about 1 minute on each side. You will have to be very careful when flipping the Crepe, so that it does not tear.
5. Add more butter and repeat.
6. Fill the Crepes with some of the suggestions below

- Berries
- Lemon curd
- Cream cheese
- Mascarpone
- Nutella or other nut butters
- Jam or Jelly
- Flavored Syrup
- Ice cream
- Dust with powdered sugar