

Christmas Crepes

Ikea 8" frypan

Keep pan temperature ~350F (Burner setting 5.5 to 6)

1 egg recipe makes four 8" crepes

| | | | |
|-------|------|--------|------------------------------|
| 3 | 2 | 1 | eggs |
| 3T | 2T | 1T | melted butter or coconut oil |
| 1 ½ c | 1 c | ½ cup | *dairy milk |
| 112g | 75g | 37g | sprouted spelt flour |
| ½ t | 1/3t | 1/6tsp | salt |

*DON'T USE HOMEMADE OAT MILK or the crepes will not hold together!!

Mix everything except eggs in blender. Add egg(s) and blend briefly.