

## 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 1/2 c   1 c       1/2 cup       \*dairy milk

112g      75g      37g            sprouted spelt flour

1/2 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.