



Whole Wheat Crepes

Recipe from *naturallyella.com*



Ingredients



- 2 eggs
- 1/2 cup + 2 Tbsp milk
- 1/2 cup whole wheat flour
- 1/2 tsp salt
- 1 Tbsp melted butter

Yield: 8 crepes
Serving Size: 1 (8 inch) crepe



Directions



1. Whisk together flour, salt, eggs, milk, and melted butter until smooth. Alternatively, combine everything in a blender and puree until well combined.
2. Heat skillet over medium-low heat and lightly grease with butter. Place a scant 1/4 cup of batter in pan. Tilt/swirl the pan so that the batter covers the entire bottom of the pan in a thin layer.
3. Cook for about 30 to 60 seconds, until the edges begin to peel away from the sides of the pan and look golden. Flip and cook for another 20 to 30 seconds. Adjust heat higher/lower depending on how fast the crepe is cooking. Layer done crepes, slightly overlapping, on a plate or wax paper.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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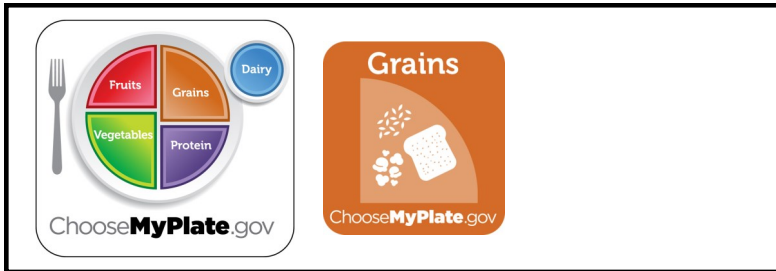
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Fast Facts



Featured Food Groups



Cooking Tips

- You can stuff anything into a crepe, and have it be delicious!
- They are great for sweet or savory breakfasts, you can make a grilled cheese with them, a sandwich roll-up, or even an enchilada.
- To freeze crepes, separate crepes with wax paper and place in an airtight container or freezer-safe bag. Store for a couple of months and thaw before using.

Second Harvest is an equal opportunity provider.

Nutrition Facts

8 servings per container	
Serving size	1 crepe
Amount Per Serving	
Calories	70
<small>% Daily Value*</small>	
Total Fat 3.5g	4%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 50mg	17%
Sodium 85mg	4%
Total Carbohydrate 6g	2%
Dietary Fiber < 1g	3%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	6%
Vitamin D 0.6mcg	4%
Calcium 39mg	4%
Iron 0.54mg	4%
Potassium 94mg	2%

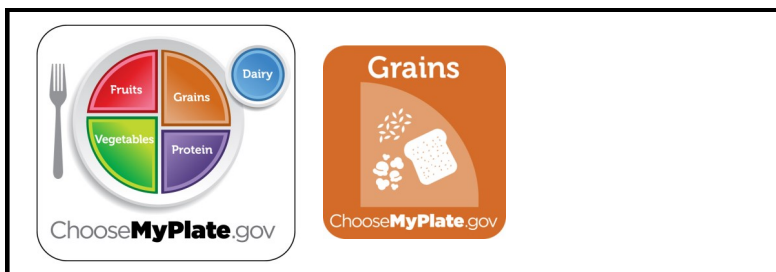
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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