Whole Wheat Crepes (Swedish Pancakes)

Yield:

about 8 crepes
Ingredients:

3 eggs
1 cup milk
3/4 cup white whole wheat flour*
1 teaspoon sugar
1/4 teaspoon salt
butter or coconut oil, for frying**
Maple syrup, fruit syrup, or sweetened cream cheese (or kefir or yogurt), for serving
Instructions:

1.
In a medium mixing bowl, whisk together the eggs and milk until
well-beaten. Add the flour, sugar, and salt and whisk briskly until
batter is smooth.

2. Allow batter to rest for 5-10 minutes to thicken slightly (will still be thin, though!).

3. Heat an 8- to 10-inch skillet over medium heat. When skillet is
hot, put 1/2 to 1 teaspoon of butter or coconut oil in the skillet. As
soon as it’s melted, pour in 1/4 cup of batter***. Tip the skillet to
spread batter in a thin circle.

4. Flip crepe after about a minute, when top is dry and crepe

is
holding together enough to flip. Cook for an additional 30 seconds or
so.

5. Continue cooking crepes in this fashion, adding 1/2 to 1 teaspoon
of oil before each one, and cooking 1/4 cup of batter at a time.

Serve hot, with syrup or other toppings of your choice!



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This recipe was taken from Tammy’s Recipes.