

Homemade Crepes



Ingredients

White flour	¾ cup
Salt	¼ teaspoon
Milk	1 cup
Eggs, beaten	2
Margarine or butter, melted	1 tablespoon
Margarine or butter	6 teaspoons

Directions

1. Add white flour and salt to a large bowl. Mix together using a whisk.
2. Add in milk, egg and 1 tablespoon melted margarine. Whisk mixture together until smooth (no lumps), about 2 minutes.
3. Heat a small (8" or 9") frying pan over medium heat. Melt 1 teaspoon of margarine in pan.
4. For each of the 6 crepes:
 - Melt 1 teaspoon of margarine in pan
 - Pour ¼ cup batter into centre of pan. Quickly rotate pan until a thin film covers the entire bottom.
 - Cook until lightly browned, about 30 seconds to 1 minute.
 - Run spatula around entire edge of crepe to loosen. Use the spatula to turn the crepe over.
 - Continue cooking for another 30 seconds to 1 minute.
 - Place crepes on a plate.
5. Fill each crepe with your favourite topping, roll up, and serve.



Tips:

- You can use an electric hand mixer or blender, instead of a whisk, to combine all ingredients.
- Store cooked crepes in the fridge for up to 3 days or in the freezer for 4 months. Place a piece of waxed paper between each crepe to prevent them from sticking.

Yummy Crepe Fillings

Savoury crepes:

- Scrambled eggs with cheese, spinach and tomato
- Ham and cheese*
- Creamy chicken with mushrooms
- Chicken, cheese and broccoli
- Taco ground beef with cheese and tomato sauce
- Mushroom and swiss cheese
- Salmon with dill
- Mozzarella and tomato sauce



*If pregnant, make sure ham is cooked until steaming hot before rolling in crepe. This will help to reduce your risk of Listeria (food poisoning).

Sweet crepes:

- Peeled and chopped apples, cooked in margarine, brown sugar and cinnamon
- Fresh bananas and berries with vanilla yogurt
- Chopped fresh fruit with strawberry jam
- Peanut butter and banana
- Canned fruit (drain the juice)
- Frozen fruit – thawed and warmed on stove or in microwave

