

Moringa Crêpes

These delicious crêpes are gluten free and high in protein. We love them stuffed with warmed berries (strawberries, blueberries, raspberries).

Makes 7 crêpes

Ingredients

1/4 cup blanched almond flour
1/4 cup coconut flour
1 1/2 teaspoons moringa powder
1/2 teaspoon cinnamon powder
a sprinkle freshly grated nutmeg
4 eggs
1/2 teaspoon vanilla extract
1/2 cup coconut milk
1 Tablespoon honey

Directions

Mix the flours and the powdered herbs together in a medium bowl.

In another bowl mix the eggs, vanilla extract, coconut milk, and honey.

Pour the egg mixture into the dry ingredients and mix thoroughly with a whisk. Let sit for 10 minutes. The mixture should then be fairly thin, like a thin syrup (quite a bit thinner than pancake batter).

Heat an 8-inch non-stick skillet on medium until very hot. Pour a 1/4 cup of the crêpe batter into the skillet, swirling the skillet so that it's thinly coated evenly.

Cook until small bubbles pop through over most of the crêpe and the edges are just starting to brown. Loosen the edge of the crêpe with a spatula and flip the crepe, cooking the other side for less than a minute until it's just starting to turn brown.

The first crêpe is often difficult to flip whole but it gets easier with the next ones.

Serve with warmed fruit or your favorite jam or fruit butter.



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