

Crepes

Light, wholesome, and easy to make

Ingredients

- ¾ cup whole wheat flour
- ¾ cup quick rolled oats
- 2 cups plant-based milk
- 1 tablespoon oil
- ½ teaspoon salt
- 1 teaspoon maple syrup
- Water, as needed

Instructions

1. Blend all ingredients until smooth.
2. Let the batter rest for 10 minutes.
3. Lightly oil a non-stick pan and heat over medium heat.
4. Pour in ⅓ cup of batter and tilt the pan to spread it thinly.
5. Cook until lightly browned, flip, and cook for 30 seconds.
6. Add a little water if the batter becomes too thick.



Serving Ideas

Serve with fresh fruit, plant-based yogurt, nut butter, or a light drizzle of maple syrup.

Nutrition Benefits

Whole wheat and oats provide fiber and steady energy. Plant-based milk keeps the crepes dairy-free, while fresh fruit adds vitamins and antioxidants.

Tip

Fill with vegetables, tofu, or hummus for a savory version.

REFERENCE: Cathy Coleman