

Buckwheat Crepes



Serves	9
Prep time	5 minutes
Cook time	25 minutes
Total time	30 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Gluten Free , RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Lunch , Lunch Box , Savoury Snack
Misc	Child Friendly , Pre-preparable , Serve Cold , Serve Warm

Ingredients

- 1 cup buckwheat flour
- 1 1/4 cup milk
- 2 eggs (lightly beaten)
- 1 pinch salt

Directions

1. Sift the flour and a salt into a bowl. Make a well in the centre and add the eggs. Add a little bit of milk and beat until smooth, then mix in the rest of the milk. (The batter can be prepared ahead of time and stored in the fridge.
2. Lightly grease a 20 cm frying pan. Pour in a 1/4 cup of batter and spread over the base. Cook until lightly browned then turn over and cook the other side. Turn onto a plate and make 8 more crepes.
3. Serve with your favourite filling.

Note

Low Chemical / FAILSAFE