

Gluten-Free Sourdough Crepes

Prep Time: 5 minutes (+ 30 minutes rest)

Cook Time: 5–8 minutes per crepe

Yield: 6 (10-inch) crepes



*This recipe calls for gluten-free sourdough starter which is optional but adds wonderful moisture, pliability, and tenderness to the finished product.

Ingredients

- 2 eggs, beaten
- 1½ cups milk alternative, plus more as needed to thin batter
- 2 tbsp vegan butter, melted and cooled
- 2 tbsp gluten-free sourdough starter
- 3 tbsp superfine sugar (*omit for savory crepe*)
- 1½ cups gluten-free flour blend
- 1 tsp baking powder
- Vegan butter, avocado or olive oil for skillet

Instructions

1. In a medium mixing bowl, whisk together eggs, milk, melted butter, starter, and sugar (if using).
2. Add flour blend and baking powder. Mix until batter is smooth and thin. Add more milk if needed to reach a pourable consistency. Avoid over-whisking.
3. Let batter rest for at least 30 minutes to hydrate the flours. (Can also refrigerate overnight.)
4. Heat skillet over medium-high to mercury ball stage—a drop of water should roll like a ball.
5. Add 1/2 to 1 tbsp vegan butter to the pan. Pour in 1/2 cup batter and quickly tilt and swirl to form a thin layer.
6. Cook 3–4 minutes, until bubbles form and burst on the surface and bottom is golden. Flip and cook briefly on second side. Wipe skillet clean between crepes to avoid sticking.
7. Add toppings and fold in half or quarters. Serve warm.

Savory Crepe

Add 1/2 tsp freshly minced rosemary or other herbs to the batter. Top with prosciutto and vegan mozzarella.

Sweet Crepe

Top with honey, Ceylon cinnamon, and vegan butter, or fill with diced fruit and a drizzle of warmed almond butter.

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