



Buckwheat Crepes

Ingredients

- 1 Cup Himalayan Tartary Buckwheat flour
- ¾ tsp salt
- 2 farm fresh eggs
- 1 Cup Cashew milk or milk of choice, (plus ¼ - ½ cup more or water for thinning batter.)
- 1 tsp vanilla paste

Supplies

- Cast Iron Skillet
- Measuring cup & measuring spoons
- High speed blender

Directions

1. Combine all ingredients into a highspeed blender, except extra milk or water.
2. Store in the fridge for 2 hours or overnight for best results.
3. When ready, add add'l milk or water to think to desired consistency.
4. Heat skillet with avocado oil on medium high heat.
5. When oil is shimmering pour crepe batter into pan and swirl around till spread evenly.
6. Cook for approx. 1-2 minutes, then flip cooking an an add'l 1-2 minutes.
7. Cook several, loosely covering stack with a towel or plate to keep warm.

Serves 4. Top with eggs and veggies for a rich and filling breakfast or with creamy Nutella and fresh fruits of the season for a sweet treat.

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