

Basic Crepe Recipe

WearEver

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Ingredients:

1 cup all-purpose flour

1 cup low fat milk (skim or 1%)

or 1/2 cup whole milk and 1/2 cup water

3 large eggs

2 tablespoons unsalted butter

Pinch of salt

Butter, for coating pan

Notes:

(over)

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Directions:

1. In a blender or food processor, combine all the crepe ingredients and pulse for 10 seconds. Place the crepe batter in the refrigerator for 30 minutes to an hour, allowing the bubbles to subside so the crepes will be less likely to tear during cooking.
1. Heat a nonstick pan over medium-high heat. Add butter to coat. Pour batter into the center of the pan and swirl to spread evenly; no batter should be left pooling. Cook for 30 to 60 seconds, or until small bubbles begin to appear on the surface. Use a spatula to flip the crepe. Cook for another 10-15 seconds and remove to prepared plate. Repeat with the remaining batter and stack the crepes. Makes 6 to 8 medium or 10 to 12 large crepes.

Variation: *For sweet or dessert crepes, add 2 tablespoons of sugar to the batter.*

Note: *Recipe can be doubled.*