

# BUCKWHEAT CREPES (SAVORY AND SWEET)

Buckwheat crepes are a delicious gluten-free alternative to traditional crepes. They have a slightly nutty taste, but the batter is flexible enough for both savory and sweet crepes—dinner and dessert in one shot.

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## INGREDIENTS

1 cup ground buckwheat flour  
2 eggs  
1/2 cup non-dairy milk  
1/2 cup water  
1/4 teaspoon salt  
2 tablespoons unsalted butter,  
melted and cooled

### SAVORY

8 ounces cremini or baby  
portobello mushrooms  
2 garlic cloves  
3 leaves kale, chopped  
olive oil  
1/2 cup Gruyere cheese  
Parsley

### SWEET

Nutella  
Strawberries  
Bananas

## MAKES SIX CREPES

1 Place all the ingredients into a blender and blend until smooth.

2 Heat a non-stick pan until warm, then ladle some of the batter onto the pan. If you have a baton, gently twirl it so the batter spreads evenly across the pan. If you don't have a baton, pick up the pan and swirl the batter around into a circle. If the batter is too thick, you can thin it out with a little bit of almond milk or water.

3 Watch until the crepe bubbles and then flip, usually about 1 minute. Cook on the other side for about 30 seconds to 1 minute.

Savory: In a small pan, sauté some garlic in olive oil, then add kale. Cook until the kale is soft, then add mushrooms and cook until brown, about 2-3 minutes. Remove from heat. Add the cheese to the warm crepe after you've flipped it. Then add the kale and mushroom mixture down the middle. Fold one side over to cover the kale and mushrooms. Do the same with the other side. Sprinkle chopped parsley on top.

Sweet: Heat a few tablespoons of Nutella. After you've flipped the crepe, spread some Nutella, and then place strawberries or bananas on half of the crepe and fold over in half. Remove from pan and dust with powdered sugar.

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## NOTES

- We used buckwheat groats, ground them, and then measured the necessary amount. If you use buckwheat flour instead of grinding buckwheat oats, your crepes might turn a bluish hue.
- We used almond milk as our non-dairy choice.
- If you want to make sweet crepes only, you can add 1 teaspoon of maple syrup to the batter.
- Get creative with the filling combinations: Ham and cheese, ratatouille, raspberries and jam, sugar and lemon, caramel and apples are some ideas to spark your creativity!



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