BUCKWHEAT CREPES

SERVES 6

INGREDIENTS

3 whole eggs
1 cup milk
1 cup water
1/2 teaspoon salt
3 tablespoons butter, melted
1/2 cup buckwheat flour
2/3 cup white flour

DIRECTIONS

1. Beat eggs in mixing bowl. Add milk, water, salt, melted butter, and flours.
2. Let batter stand about 1/2 hour before using.
3. Heat about 1 teaspoon additional butter or oil in a crepe pan or nonstick skillet with sloping sides. Spoon in enough batter to barely cover the bottom of the pan and swirl until the bottom is covered. Turn gently using spatula when first side is cooked.
4. As buckwheat has an enormous capacity to absorb liquid, you might find it necessary to thin the batter with more milk or water.

SNAP-ED

Calories: 198
Fat: 9.2 grams (g)
Saturated Fat: 4.9 grams (g)
Trans Fat: 0 grams (g)
Cholesterol: 112 milligrams
Carbohydrates: 19.7 grams (g)
Dietary Fiber: 1.4 grams (g)
Protein: 6.9 grams (g)
Sodium: 285 milligrams (mg)
Vitamin A: 7%
Calcium: 7%
Vitamin C: 0%
Iron: 8%

FOR MORE INFORMATION ABOUT SNAP-ED, VISIT OUR WEBSITE AT www.extension.umn.edu/nutrition

(Revised 8/2014)