



WHOLE WHEAT CREPES

INGREDIENTS

- 1C REGEN
WHOLE WHEAT
FLOUR
- 3 EGGS
- 1C MILK
- 3/4C WATER
- 1T HONEY
- 1T BUTTER
- 1/4 TSP SALT
- 1 TSP VANILLA

PREP TIME: OVERNIGHT

COOK TIME: 30MIN

TOTAL TIME: 12 HOURS

THESE CREPES ARE MY TAKE ON
MY GRANDPA JOHNNY'S "BIG
PANCAKES"

ADD ALL INGREDIENTS
TOGETHER IN A BLENDER AND
MIX WELL. LET STAND AT LEAST
10 MIN AND BLEND AGAIN. I
LIKE TO MIX THE BATTER THE
NIGHT BEFORE, REFRIDGERATE
AND MIX A 2ND TIME IN THE AM.
HEAT AN 8" CAST IRON SKILLET
AND COAT WITH A LITTLE
BUTTER. POUR 1/3C CREPE
BATTER INTO HOT SKILLET, COOK
FOR 2 MIN, FLIP AND COOK AN
ADDITIONAL MIN.

I STACK THESE ON A PLATE AND
KEEP THEM WARM IN THE OVEN
WHILE I DO THE WHOLE BATCH.
TOP WITH YOUR FAVE SYRUP. WE
LOVE HOMEMADE CHOKECHERRY
SYRUP AND CREME ON OURS.