

## WHOLE WHEAT CREPES

### INGREDIENTS



1-3 eggs  
1 cup whole-wheat flour  
1 cup milk  
3/4 cup water  
1 tablespoon honey

1 teaspoon pure vanilla  
extract  
1/4 teaspoon salt  
1 tablespoon butter melted, +  
extra for cooking

### DIRECTIONS

- Combine all ingredients into a blender and mix well. Let stand for about 15 minutes.
- Melt and swirl a small amount of butter in your pan over medium heat.
- Angle your pan and pour enough batter until a thin layer is covering the entire pan and push down the thin edges of the crepe.
- Once golden and brown (about 1 minute) carefully flip the crepe over and cook for an additional minute.
- Add your favorite filling into your crepe and roll it up.