



GENESIS
-HEALTH REVOLUTION-

← *Recipe Card* →

Basic Crepes

INGREDIENTS:

- 1 1/2 C whole wheat flour (can use 1/2 whole wheat and 1/2 all purpose flour)
- 1 3/4 C unsweetened plant based milk
- 1 TBS smooth apple sauce
- Pinch of salt.

Toppings:

Nut butter

Berries (fresh or mashed and heated with chia seeds and a little sweetener)

Sliced peaches

Chopped almonds

Coconut flakes

DIRECTIONS:

- Mix ingredients smooth.
- Heat skillet and use a 1/4-1/3 C of batter to swirl thin onto skillet.
- Stuff with chopped fruit and top with mashed berries, nut butter, other options of choice.



