



10 min



Serves 6



FRESH

TRADITIONAL CREPES

Ingredients:

4 eggs
1 cup milk
2 tsp oil
1 1/2 cups all purpose
flour
2/3 cup water
non-stick spray

Directions:

1. Whisk together eggs, milk and oil.
2. Add egg mixture to flour then add water, and whisk until smooth
3. Heat a pan on medium-low and coat with non-stick spray
4. Pour 1/4 cup crepe mixture into pan, lifting the pan slightly off the burner and swirling the pan with circular motions until the crepe is smooth and thin
5. Cook for 1 -2 minutes, flip to cook for 1 minute on the other side

FRESH

FILLINGS IDEAS

- Scrambled eggs, ham and swiss cheese
- Spinach, mushrooms and onion
- Cottage cheese, and fruit such as peaches or berries, topped with toasted coconut
- Peanut butter, banana and cinnamon



CONTACT US

Website: freshu.ca

Facebook: [/freshatwestern](https://www.facebook.com/freshatwestern)

Instagram: [@freshwestern](https://www.instagram.com/freshwestern)

Youtube: [@freshwestern](https://www.youtube.com/freshwestern)

Email: fresh@uwo.ca