

Rice-Millet Crepes

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Home Harvest, Recipes for Healthy Eating on Rotation

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Day 4 Rotation = A deliciously different kind of 3 inch crepes using duck eggs and other ingredients for this day's eating pattern.

Crepes & Pancakes, Day 4 Rotation

Servings: 15

Yield: 15 each

2 each duck egg whites

1 each duck egg

2 tablespoons honey

1 Tablespoon sunflower oil

1/2 cup almond milk

1/4 cup rice flour, brown, whole

1/4 cup millet flour, whole

1/8 teaspoon sea salt

1/8 teaspoon allspice

1/8 teaspoon nutmeg

1 tablespoon sunflower oil, for grilling crepes

1/2 teaspoon almond extract



Mix all dry ingredients together. Then add all liquid ingredients together (except for 1T. sunflower oil) in a separate bowl, mixing until all well blended.

Using a pancake grill, heat to low-medium temperature.

Dampen a paper towel spot with sunflower oil (1 T. total), or use a pastry brush that is heat resistant. Brush just the areas for the crepes are going to cook.

Drop batter in each oiled area (about 5-6 inch size crepes; you can make smaller ones if you prefer, more pancake size). Let cook until you see some bubbles form and edges starting to solidify (about 15-20 seconds each side).

Turn when surface is slightly golden brown. Let cook until slightly golden brown on other side. Remove from grill. Each crepe should only take a minute or two at most to cook.

Serve hot with your favorite toppings made from foods for Day 4 Rotation (i.e. cherry-mango sauce with a splash of nutmeg and honey to taste mixed in)

Preparation

Time: 15

minutes

Start to Finish

Time: 45

minutes

If you are short an egg, simply add another 2oz almond milk as a substitute. Recipe still works well.

For those who don't need to follow rotation, substitute chicken eggs.

Duck eggs are not easily available, particularly during certain seasons.

I often double the recipe.

These crepes freeze well.

Per Serving
(excluding unknown items): 59 Calories; 3g Fat (41.9% calories from fat); 1g Protein; 7g Carbohydrate; 1g Dietary Fiber; 41mg Cholesterol; 29mg Sodium.
Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Fat; 0 Other Carbohydrates.

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