

# Oat Crepes

*Sharon Benedict*

*Home & Harvest, Recipes for Healthy Living*

*<https://celebratingyourjourney.com>*

*Day 2 Rotation - a very nice blend of flavors for making crepes*



## **Servings: 20**

*4 each egg whites, chicken  
1 each egg yolk, chicken  
1 Tablespoon fructose  
1 dash cloves  
3 dashes cardamom  
1/4 cup oat flour  
1/2 cup Sorghum Flour  
1/8 teaspoon sea salt  
2 tablespoons safflower oil  
1 cup oat milk*

Copyright: 2016

## **Preparation Time: 15 minutes 45 minutes**

Beat eggs, oat milk, and fructose together till blended.

Add 1 T. oil, salt, flour, and spices. Stir until well blended.

Heat pancake skillet to medium low heat. Put 1 T. safflower oil on folded paper towel to wipe skillet where crepes will be placed.

Pour 3 inch crepes on grill. Let cook for 1-2 minutes, then flip over. Remove after another 2 minutes. These crepes cook quickly and need to be watched while cooking.

---

Per Serving (excluding unknown items): 61 Calories; 2g Fat (30.5% calories from fat); 2g Protein; 8g Carbohydrate; 1g Dietary Fiber; 11mg Cholesterol; 29mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Fat; 0 Other Carbohydrates.

