



using

Pocono Old Fashioned Buckwheat Flour

Manufactured by The Birkett Mills

www.thebirkettmills.com

French Crepes

Makes four 10-inch crepes

1 extra large egg (1/3 cup)
1/2 cup water or skim milk or rice milk
1 1/2 tsp. light oil
1 to 2 tsp. honey or maple syrup
1/8 tsp. salt
1/4 tsp. each, lemon and vanilla extract
1/4 tsp. cinnamon
1/4 cup Pocono Light Buckwheat Flour

In medium bowl mix all ingredients except flour. Then add flour and whisk just until batter is smooth.

Turn heat to medium; set 10-inch skillet on heat. Add 1 to 2 tsp. light oil; heat and tilt skillet until fully coated. Return to heat.

When oil in skillet is hot, stir batter; and using 1/4 cup measure, pour 1/4 cup batter into skillet. Immediately tilt skillet to evenly coat bottom with batter; return to heat. Cook until edges of crepe are golden brown. Carefully free sides of crepe; turn over. Lightly brown second side. Remove from pan.

Reapply oil and repeat process with remaining batter.

Spread a filling on crepe, such as jam, maple syrup, fruit Yogurt, or honey, and roll up. Serve warm or cold.