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

Serves 6
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

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