

FiveMonstersPaleo

Paleo Crepes



Prep time **about 5 minutes**

Cook time **about 15 minutes**

Yield **12-15 six-inch crepes**

Special tools needed **whisk, mixing bowl, nonstick skillet, heat-proof spatula for flipping**

Notes:

Sometimes I add flavorings like vanilla or almond extract or a drop of lemon or orange essential oil, but generally I like to keep the crepes neutral for versatility.

Crepes can be made in advance, stored in the fridge for up to two days, and reheated as needed.

Ingredients

- ¼ cup potato starch
- ¼ cup arrowroot
- ¼ cup almond flour
- 2 T coconut flour
- 1 T golden flax meal
- ½ tsp baking powder
- ½ tsp salt
- 4 large eggs
- 1 cup coconut milk or almond milk

Preparation

1. **Whisk together the dry ingredients** (potato starch-salt) in a medium sized mixing bowl. Set aside.
2. **In a separate bowl**, use a fork to beat together the milk and eggs.
3. **Whisk the egg mixture** into the dry mixture until smooth.
4. **Heat a nonstick skillet over med-high heat** (or between medium and med-high) and spray lightly with avocado oil.
5. **Working quickly**, use your right hand to pour about 3 T batter (eyeball it) into the center of the pan. Immediately but carefully use your left hand to gently tilt and swirl the batter so that it spreads out in the pan. If your crepe gets little “legs” on the outside, do not worry! They will still be beautiful folded up.
6. **Cook 30-45 seconds on each side.** Transfer to a plate. Repeat with remaining batter. Fill and enjoy!