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# Whole-Wheat Crepes

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Total Time:** 35 mins

## Ingredients

- 1/2 cup(s) flour, whole-wheat
- 1/2 cup(s) flour, all-purpose
- 1 teaspoon sugar, for dessert crepes; optional
- 1/4 teaspoon salt
- 3 large egg(s)
- 1/2 cup(s) milk, lowfat (1%)
- 2 teaspoon butter, melted, or canola oil
- 1/2 cup(s) seltzer, or club soda



## Preparation

1. Combine whole-wheat flour, all-purpose flour, sugar (if using), salt, eggs, milk and butter (or oil) in a food processor or blender; process until smooth, scraping the sides once or twice.  
Transfer to a bowl, cover and refrigerate for at least 30 minutes or overnight.
2. Slowly whisk seltzer water (or club soda) into the crepe batter. Lightly oil a small nonstick skillet with a crumpled paper towel; heat the skillet over medium-high heat. Ladle about 2 tablespoons batter into the skillet with a small ladle or measuring cup; immediately tilt and rotate the pan to spread the batter evenly over the bottom.
3. Cook the crepe until the underside is lightly browned, about 30 seconds. Using a small metal spatula or a fork, lift the edge of the crepe, quickly grasp it with your fingers and flip. Cook until the second side is lightly browned, about 20 seconds longer. Slide the crepe onto a plate.
4. If serving immediately, fill and roll or fold the crepe. Continue to cook crepes with the remaining batter, oiling the pan as needed and stacking crepes as you go.

Variations: Buckwheat Crepes: Substitute buckwheat flour for the whole-wheat flour. Fill with sauteed apples or smoked salmon and cream cheese. Cornmeal Crepes: Substitute cornmeal for the whole-wheat flour. Try with a spicy chili or with blueberries and cream cheese.