



Picture by Dan Goldberg

Basic Buckwheat Crepes by [Marlena Spieler](#)

The crepes are a cinch, with no specialized crepe pan required.

Ingredients

- 1 1/4 cups buckwheat flour
- 3 large eggs
- 1/4 cup vegetable oil plus additional for skillet
- 3/4 cup nonfat milk
- 1 1/4 cups (or more) water
- 1/4 teaspoon salt

Preparation

Place flour in medium bowl. Whisk in eggs, 1/4 cup oil, milk, 1 1/4 cup water, and salt.

Heat 10-inch-diameter nonstick skillet over medium-high heat; brush pan with oil. Add 1/4 cupful batter to skillet; tilt to coat bottom. Cook crepe until golden on bottom, adjusting heat to prevent burning, 30 to 45 seconds. Using spatula, turn crepe over; cook 30 seconds. Transfer to plate. Repeat with remaining batter, stacking crepes between sheets of plastic wrap (or parchment paper). Makes about 12. **DO AHEAD:** *Can be made 1 day ahead. Cover; chill.*

The Balanced Body Center

(704) 849-9393 www.knowbalance.com