

BREAKFAST

Basic Crêpes

7 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	20	\$0.09	58 kcal

Basic Crêpes is a lacto ovo vegetarian recipe with 20 servings. One serving contains 58 calories, 2g of protein, and 3g of fat. For 9 cents per serving, this recipe covers 2% of your daily requirements of vitamins and minerals. 1 person found this recipe to be yummy and satisfying.

Ingredients

☐ 3 tablespoons butter, melted	☐ 4 large eggs
☐ 1 cup all-purpose flour	☐ ½ cup milk
☐ ½ teaspoon salt	☐ 1 tablespoon sugar
☐ ½ cup water	

EQUIPMENT Bowl, Frying pan, Whisk, Wax paper

Method

- 1 Whisk together all ingredients in a large bowl. Cover and chill 1 hour.
- 2 Place a lightly greased 8-inch nonstick skillet over medium heat until skillet is hot.
- 3 Pour 2 tablespoons batter into skillet; quickly tilt in all directions so that batter covers bottom of skillet.
- 4 Cook 2 minutes or until crpe can be shaken loose from skillet. Turn crpe, and cook about 30 seconds. Repeat with remaining batter. Stack crpes between sheets of wax paper until ready to fill.
- 5 Place crepes, stacked with waxed paper between each, in a zip-top plastic freezer bag. Freeze crpes up to 1 month. Thaw overnight before using; reheating is not necessary.

Nutrition per serving

58
KCAL

2 g
PROTEIN

3 g
FAT

6 g
CARBS

Saturated Fat	1.5 g · 9% of daily needs
Sugar	1 g · 1% of daily needs
Sodium	88.6 mg · 4% of daily needs
Cholesterol	42.5 mg · 14% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/basic-crepes-148517