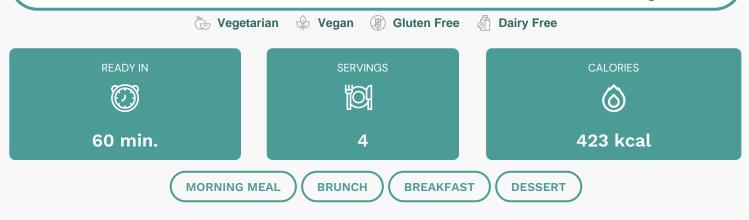


# Gluten Free Quinoa and Corn Flour Crepes



## **Ingredients**

4 servings coconut oil for cooking
0.5 cup masa (different from cornmeal)
1 tablespoon ground flaxseed boiling (plus 3 tablespoons water, whisked)
1 tablespoon maple syrup pure
0.5 cup quinoa flour
2.5 cups rice milk
0.3 teaspoon sea salt
1 cup tapioca flour

	0.5 teaspoon xanthan gum	
Eq	uipment	
	bowl	
	frying pan	
	oven	
	whisk	
	spatula	
Directions		
	Whisk the dry ingredients together in a bowl. In a separate bowl, whisk 2 1/2 cups hemp milk, flax seed mixture, maple syrup, and the melted coconut oil together.	
	Add the wet ingredients to the dry ingredients and gently mix together. If the batter is too thick, add a few tablespoons of hemp milk at a time, up to 1/2 cup more hemp milk to make a pourable batter. (The batter should be thin enough to spread easily in the pan). Allow the batter rest in the refrigerator for at least 30 minutes.	
	Heat an 8- or 10-inch nonstick skillet over medium heat.	
	Add a small dab of virgin coconut oil for cooking.	
	Pour about 1/2 cup batter into the skillet and at the same time, rotate the pan so the batter covers a thin layer on the bottom. Use small amounts of batter to repair any holes; work quickly and keep the crepe thin.Cook until the top of the crepe is dry, after about 1 minute, loosen the edges of the crepe from the pan with a spatula. Flip with your fingers or gently toss and flip (this may take a few attempts, but works best) and cook the other side for 30 to 60 seconds. Stack the cooked crepes on a plate. Keep them warm in a low oven or fill each crepe while it's in the pan, spooning the filling across the lower third of the crepe.	
	Roll the crepe from the filling end or fold the bottom third over the filling, fold in the sides, then fold the crepe from the bottom up to make a pocket. Repeat the process, adding more coconut oil between crepes as needed, until all the batter is used up.	
	Nutrition Facts	
	PROTEIN 3.93% FAT 35.47% CARBS 60.6%	

## **Properties**

#### **Taste**

Sweetness: 59.02%, Saltiness: 2.61%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 100%, Spiciness: 0%

#### **Nutrients** (% of daily need)

Calories: 423kcal (21.15%), Fat: 17.16g (26.4%), Saturated Fat: 11.69g (73.07%), Carbohydrates: 65.98g (21.99%), Net Carbohydrates: 63.29g (23.01%), Sugar: 10.13g (11.25%), Cholesterol: Omg (0%), Sodium: 218.79mg (9.51%), Protein: 4.27g (8.55%), Manganese: 0.22mg (11.18%), Fiber: 2.69g (10.75%), Iron: 1.32mg (7.32%), Magnesium: 21.4mg (5.35%), Calcium: 50.46mg (5.05%), Vitamin B2: 0.08mg (4.73%), Phosphorus: 47.16mg (4.72%), Vitamin B1: 0.06mg (4.29%), Vitamin B6: 0.08mg (3.86%), Selenium: 2.47µg (3.54%), Zinc: 0.38mg (2.5%), Copper: 0.05mg (2.38%), Potassium: 70.85mg (2.02%), Vitamin B3: 0.29mg (1.47%), Folate: 5.73µg (1.43%)