



## Gluten Free Quinoa and Corn Flour Crepes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



423 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### 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

## Equipment

- 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

Glycemic Index:42.38, Glycemic Load:13.61, Inflammation Score:-1, Nutrition Score:3.1069565217391%

## 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: 0mg (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%)