



Buckwheat Crapes

Makes about 9 crapes

½ cup ground buckwheat flour

½ cup fresh spelt or whole wheat flour

1-cup kefir or Greek yogurt

1-½ eggs lightly beaten

¼ teaspoon sea salt

¼ cup melted butter



Method

Soak flour in kefir or yogurt in a warm place for 12-24 hours. Beat in eggs, salt, and ¼ cup melted butter for consistence like cream. Beat for several minutes with metal beater and let chill well. Heat a heavy skillet, brush with melted butter and use a ¼-cup measure to ladle batter into pan. Tip pan to distribute batter. Turn after two min then cook another min. Keep crapes warm in oven until finished backing other crapes. Fill with raw honey, apricot butter or fresh blue berries choose to fill with chicken and sautéed garlic spinach. Crapes can be made ahead of time and reheated in pan. Do not use microwave will kill off nutrient value.

***Shopping list**

Buckwheat flour

Whole wheat or spelt flour

Kefir or Greek yogurt

Organic eggs

Sea salt

Real butter