

Crepes

French style crepes, which are very good with either sweet or savory ingredients.

Ingredients

Item	Single Batch	Double Batch	Triple Batch	Preparation/Notes
Flour	1c	2c	3c	in order of preference: whole wheat pastry, white whole wheat, bread
Eggs	3	6	9	
Milk	1 $\frac{1}{4}$ c	2 $\frac{1}{2}$ c	3 $\frac{3}{4}$ c	mix in some buttermilk or kefir for flavor
Canola oil	1Tbsp	2Tbsp	3Tbsp	
Salt	$\frac{1}{2}$ tsp	1tsp	1 $\frac{1}{2}$ tsp	
Sugar	1tsp	2tsp	1Tbsp	

Instructions

Mix all the ingredients thoroughly with a hand mixer (preferred), or in a blender until you get a uniform batter with the consistency of cream. After mixing, let it sit about 10 minutes and add milk as necessary (if it thickens). Pour about $\frac{1}{3}$ cup batter in an evenly-heated flat pan, after a small amount of butter has been melted in it.

Cook the first side until it smells like bread, and the second side only for about 10 seconds.

Yield

Single Batch: 10 crepes

Double Batch: 20 crepes

Triple Batch: 30 crepes