






# BUTTERED BUCKWHEAT CREPES WITH HONEY, THYME & FRESH FIGS

 GF, VEG  45 mins  12



## Ingredients

- 2 cups light buckwheat flour
- 3 cups almond milk
- 1 cup water
- 2 eggs
- ½ tsp vanilla powder or vanilla extract
- Butter (I like to use quality organic cultured butter. You could also use coconut oil as a dairy free option)
- ½ cup honey or maple syrup
- Small bunch thyme
- Fresh figs
- Sea salt for sprinkling



## Method

1. In a large mixing bowl, whisk together the almond milk, eggs, water and vanilla.
2. Add the buckwheat flour and whisk until the mixture is smooth (the mixture will be quite runny, this is good).
3. Place a large pan on high heat.
4. Once the pan is hot, add a small tsp of butter or coconut oil and swirl it around the pan to ensure the base of the pan is coated.
5. Add about ¼ cup of the crepe mixture to the pan and swirl it around creating an even circle.
6. Once bubbles begin to form on the surface of the crepe, flip the crepe over with a spatula and cook the other side.
7. After a few seconds remove the crepe from the pan and repeat with the remaining mixture.
8. Once all of the crepes are cooked, add an extra dab of butter or coconut oil to top of the crepes, followed by a drizzle of honey, thyme leaves and a sprinkling of sea salt and freshly torn figs.

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