

Gluten-Free Fruity Teff Crepes

We all know it is important to have mostly whole grains instead of refined grains. Have you varied your grain sources and researched the different grains? Are you familiar with Teff?? Teff is a GLUTEN-FREE whole grain native to the Horn of Africa, which is modern day Ethiopia & Eritrea. It is rich in insoluble fiber & iron. It even has 6 grams protein per ¼ cup! I was able to find Teff, [the Bobs Red Mill brand](#), at my local Fresh Thyme Market. Stuff these crepes, roll'em up, and be on your way.

Ingredients:

1 cup	Whole grain Teff flour
½ tsp	Salt
2 large	Eggs
1 cup	Skim milk (can use almond milk here)
1 tbsp	Lite butter, melted
¼ cup	Water

Filling

2 ½ cups Vanilla Greek yogurt, non-fat

Topping (Two Fruit Options – Pick One Below)

2 ½ cups	Fresh strawberries (or any fresh fruit)
3 medium	Apples of choice, cored and sliced, cooked with cinnamon
Optional	Sugar-free syrup, 100% maple syrup, agave, honey for topping (nutrition facts do not reflect these optional toppings)

Directions:

1. Make sure your fruit is prepared. For strawberries, be sure to cut the leaves off and cut into pieces the way you'd like. To make the apples, place the sliced apples in a large pan with a little water to cover the bottom. Sprinkle with cinnamon (about 1 tbsp) then cover. Cook on medium until the apples are soft. Stir occasionally. Store the filling in the fridge until ready to use.
2. Whisk together the flour, salt, eggs, milk, and melted butter. Cover and place in the fridge for 2 hours (or overnight).
3. When ready to prepare crepes, heat a small skillet over medium heat. Grease the skillet with cooking spray.
4. Add water to the crepe batter to thin the batter. If you like thin crepes, feel free to add an additional ¼ cup water.
5. Pour enough batter on the pan to make a thin layer. Cook for 1-2 minutes or until crepe easily lifts from the pan, then flip the crepe. Cook for another 1-2 minutes or until crepe is golden brown.
6. Place cooked crepe on a plate and cover with a towel to keep warm. If you have extra help, they could be completing steps 8&9 as crepes are being cooked.
7. Repeat steps 5 & 6 for the remainder of the batter.
8. Fill each crepe with ¼ cup Greek yogurt then roll each crepe.
9. Top each crepe with either ¼ cup mashed strawberries or 3 apple slices. Top with any other optional toppings.
10. Serve warm and enjoy!

Servings: 10 crepes

Serving size: 1 crepe with filling and fruit topping

Gluten-Free Strawberry Teff Crepes		
Nutrition Facts		
Serving Size: 1 Crepe with filling and fruit topping		
Amount Per Serving		% Daily Value*
Calories	149.8 kcal	7 %
Total Fat	2 g	3 %
Saturated Fat	0.5 g	3 %
Trans Fat	0 g	
Cholesterol	39.9 mg	13 %
Sodium	78.3 mg	3 %
Total Carbohydrate	12.5 g	4 %
Dietary Fiber	1.9 g	8 %
Sugars	7.5 g	
Protein	8.8 g	18 %
Vitamin A	2 %	Vitamin C 37 %
Calcium	15 %	Iron 9 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full info at cronometer.com </>		

Gluten-Free Apple Cinnamon Teff Crepes		
Nutrition Facts		
Serving Size: 1 Crepe with Fruit and Filling		
Amount Per Serving		% Daily Value*
Calories	166 kcal	8 %
Total Fat	2 g	3 %
Saturated Fat	0.5 g	3 %
Trans Fat	0 g	
Cholesterol	39.9 mg	13 %
Sodium	78.5 mg	3 %
Total Carbohydrate	17.1 g	6 %
Dietary Fiber	2.5 g	10 %
Sugars	11.4 g	
Protein	8.7 g	17 %
Vitamin A	2 %	Vitamin C 4 %
Calcium	15 %	Iron 8 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
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