

Crepes

2/3	cup	Rice Bread & Baking Mix	165 ml
3		eggs	
1 1/2	cups	2% milk or Lactose Free milk	375 ml
2	tbsp	margarine, melted	30 ml

Directions

Using a hand egg beater, mix Rice Bread & Baking mix and eggs in a medium size bowl.

Beat in the milk and melted margarine slowly. Refrigerate the bowl – let mixture rest for one hour or longer.

Brush a 7” skillet with oil. When moderately hot, pour in 1/4 of batter for each crepe.

When golden brown around edge, turn and cook lightly on the other side. Slide onto waxed paper.

Crepes freeze well, just layer with wax paper before wrapping.

To serve, use frozen berries, cottage or ricotta cheese, or your favourite filling.

Spread on the crepe, roll it up and heat in a baking dish in a moderate oven for 15 minutes

Serve with yogurt, sour cream or fruit sauce. Sprinkle with cinnamon.

Another serving suggestion:

Serve a pancake flat with a generous portion of filling, topping with a sprinkle of cinnamon or grated lemon or orange. Add slice banana, apple, other fruits and raisins. (Fresh fruit may be poached very lightly)