

Blender Savoury Crepes

Servings: 8

*1 cup unbleached flour
1 tablespoon honey
pinch salt
4 whole eggs
1 1/2 cups milk
3 tablespoons extra virgin olive oil
3 cups root vegetables, cooked
1 whole lime, rind and juice
honey, to drizzle
pinch salt*

Place flour, honey, salt eggs and milk into a blender and puree for 1 minute until smooth. Set aside for 10 to 15 minutes.

Trim leaves from leaves and discard tough stems.

Meanwhile make filling. Cook root vegetables in boiling water until very soft, peel then mash and blend in lime juice, 1 teaspoon honey. Salt and pepper to taste.

Heat a non stick skillet over medium high heat, drizzle olive oil into pan and pour about 1/4 cup into pan. Swirl batter and spread thinly with a spatula. Cook for 1 minute until firm, flip and cook one more minute.

Remove to a platter, separated with parchment. Keep warm in low oven while heating filling.

Spread a small amount of filling into each crepe, top with lime rind and drizzle with honey

This is a great way to use up cooked root vegetables like kohlrabi, turnip, potatoes, sweet potatoes and the like. A squeeze of fresh lime with honey makes for a bright and light flavour

Per Serving (excluding unknown items): 170 Calories; 9g Fat (47.5% calories from fat); 6g Protein; 16g Carbohydrate; trace Dietary Fiber; 112mg Cholesterol; 58mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 1 1/2 Fat; 0 Other Carbohydrates.