



Low FODMAP Buckwheat Crepes

Serves: 15

Prep: 10 mins + 2hrs refrigeration

Cook: 15 minutes



Stack Cup

Ingredients	Metric	Imperial
1 cup lactose-free low fat milk	262.5 g	
1/3 cup water	82.5 g	
3 eggs		
1/2 tsp salt		
2/3 cup buckwheat flour	90 g	
1/2 cup plain white gluten flour	67.5 g	
3 tbs canola oil	55 g	

Method

1. Place the milk, water, eggs and salt in a blender. Cover the blender and turn on at a low speed. Add the flours and then the canola oil. Increase the speed to high and blend to one minute.
2. Transfer to a bowl, cover and refrigerate for one to two hours.
3. Place a seasoned crepe pan over medium heat. Brush with butter or oil, and when the pan is hot, remove from the heat and ladle in 3 tablespoons of batter. Swirl the pan to distribute the batter evenly, and return to heat. Cook for about 1 minute or until you can easily loosen the edges with a spatula. Turn and cook on the other side for 30 seconds. Turn onto a plate. Continue until all of the batter is used.

Hints

Some of our favourite options for the toppings include:

- Breakfast: strawberries and lactose-free yoghurt
- Lunch or dinner: ham & cheese or ham, cheese & egg
- Dessert: crushed hazelnuts (check app for serve size), 1/2 green banana & a drizzle of melted dark chocolate

This ones for the whole family, get creative and mix and match all of your favourite low FODMAP flavours!

Nutrition Information (per serve)	
Energy	383 Kj / 92 cal
Protein	3.30g
Carbohydrates	8.00g
Sugar	1.20g
Total Fat	5.00g
Saturated Fat	0.70g
Fibre	0.40g