

## Crepe Shell

### Ingredients:

1 Tablespoon	Canola oil
2 cups	All purpose gluten free flour
1 ½ teaspoons	Baking powder
2 Tablespoons	Agave Nectar
¼ teaspoon	Salt
6 each	Egg whites
3 ½ cups	Almond Milk
2 teaspoons	Vanilla extract
2 Tablespoons	Coconut oil



### Method:

#### *Batter:*

- Sift together flour, baking powder, and salt.
- Combine all ingredients, **except coconut oil**, in a blender and process until smooth.
- Chill for 1 hour or longer. Remix batter by hand before using.

#### *To Cook:*

- Prepare 15 small sheets of parchment or wax paper to use as dividers between the warm crepes.
- Heat a small non-stick skillet to medium-low.
- Wipe coconut oil on pans using a paper towel.
- Using a 1-ounce ladle, pour batter into hot pan and swirl to distribute across the bottom of the pan.
- Cook gently until crepe can lift at the edges and appears to hold shape
- Flip and cook the other side briefly. Crepes should be pale or very light brown, not golden.
- Let cool and cover tightly with plastic wrap, warm to room temperature before using.

### Nutritional Information:

Servings: 20 | Serving size: 1 crepe | Calories: 80 | Fat: 2.5 grams  
Sodium: 95 milligrams | Carbohydrates: 11 grams | Protein: 2 grams