

# Kiwi Organics Cookbook

## buckwheat crepes

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### ingredients

- 1 cup Kiwi Organics Buckwheat flour
- Pinch salt
- ½ cup caster sugar
- 2 eggs
- 250ml milk
- 25g butter (melted)
- Lime or melon wedges and caster sugar to serve

Sift the dry ingredients into a bowl and make a well in the centre. Add the eggs and half the milk.

Gradually mix in the flour to make a smooth thick batter. Stir in the remaining milk and the melted butter. Beat for 2-3 minutes.

Leave to stand for 30 minutes before use.

Grease a heavy-based frying pan and place over a high heat. Spray pan before adding mixture. Pour in enough batter to cover the base thinly.

When the edges begin to turn golden, turn the crepe over and cook the other side. Keep warm, layering with greaseproof paper, whilst cooking the remaining crepes.

Sprinkle with sugar and serve with lime or lemon wedges.

