

MILLET CREPES W/ BLUEBERRY COMPOTE & YOGURT SAUCE

Prep time	Cook time	Total time
25 mins	10 mins	35 mins

Serves: 4-6

MILLET CREPE BATTER

- 2 eggs
- 1 1/4 cup milk substitute (rice milk, almond milk, or soy milk)
- 1/2 tsp salt
- 3 TBSP olive oil
- 1 cup millet flour
- 2 tsp baking powder

BLUEBERRY COMPOTE & GREEK YOGURT SAUCE

- 1 1/2 cup blueberries (~ 8oz)
- 1/2 cup water
- 1/8 cup sugar (can eliminate for sugar free version)
- 2 TBSP fresh lemon juice (~juice of 1 medium sized squeezed lemon)
- 2 cups plain low-fat or nonfat Greek yogurt

NOTE: you can substitute blueberry and yogurt filling for scrambled eggs and top with a little chopped tomato.

TOPPINGS

- Save some compote that is not mixed with yogurt to top crepe

Instructions

MILLET BATTER & CREPE COOKING INSTRUCTIONS

1. Put all ingredients into a blender & process for 15 seconds (put liquid in my blender first)
2. Scrape down sides and process for another 15 seconds
3. Crepe will be easier to make and roll if batter is refrigerated for at least 2 hours or overnight.
4. Heat a nonstick frying pan or griddle, preferable 10 inches over medium heat (I think a griddle is easier)
5. *If using a pan:* use olive oil or butter and swirl to coat the bottom.
If using a nonstick griddle: then you don't need any oil or butter, but **fully heat griddle before attempting crepe.**
6. Cook for 1 to 2 minutes on medium to high heat. Once it bubbles throughout & batter looks cooked through (longer than you think), flip the crêpe and cook for one extra minute on the other side, or until slightly brown (it won't get really brown).
7. Repeat until you run out of batter, adding a little oil/butter between each crepe if using a nonstick pan. Keep the crepes warm on a plate as you work by covering them with a towel.

BLUEBERRY COMPOTE & CREEK YOGURT SAUCE

1. Combine blueberries, water, sugar, & lemon juice in sauce pan
2. Bring mixture to a boil
3. Reduce to medium-low heat & gently boil until sauce thickens (~15-20min)
4. Let cool in medium bowl.
5. Set about 1/4 aside to top your crepes.
6. Add yogurt to the remaining blueberry sauce

CREPE ASSEMBLY INSTRUCTIONS

1. Place a spoonful of blueberry & yogurt mix just left of the center of the crepe, making a line
2. Roll up crepe from left to right
3. Top with blueberry compote
4. Sprinkle powdered sugar (optional)

Note: it is ok if the crepe is a little crumply, it is a gluten free whole grain after all!



Millet is an ancient gluten free grain from China. This member of the grass family is rich in all the building blocks of protein except the proportion of lysine which is a little lower. It is a good source of B vitamins as well as the minerals manganese, magnesium, phosphorus, copper, and zinc. It also contains phytochemicals which act as antioxidants in the body.