

RECIPE

Buckwheat crepe with Nutella®

Easy

45 min



INGREDIENTS

FOR 6 PORTIONS

1 cup buckwheat flour

½ tsp salt

¼ tsp baking powder

¼ tsp baking soda

1 ½ cups + 1 tbsp water

Butter for cooking

Filling (for 1 crepe):

15g Nutella® – 1 heaped tsp (15g per portion)

½ banana, sliced

½ tbsp unsweetened dried coconut

1 tbsp toasted macadamia nuts, chopped

Zest of ½ lime

To prepare this delicious

recipe, 15g of Nutella®

per person is enough to

enjoy!



METHOD

- 1** | In a bowl mix together the flour, salt, baking powder and baking soda. Add water and mix well. Let the mixture rest for 10 minutes.
- 2** | Heat a 10-inch non-stick fry pan on medium heat. Lightly grease the pan with butter.
- 3** | Pour $\frac{1}{4}$ cup of mixture in the pan swirling lightly to form an 8-inch crepe. Let cook 2-3 minutes or until the sides begin to curl.
Flip and continue cooking 2-3 minutes or until lightly golden.
Remove from pan. Repeat until the batter is finished.
- 4** | Spread 15g of Nutella[®] evenly over crepe. Layer slices of banana over the NUTELLA[®]. Sprinkle with coconut, macadamia nuts and lime zest. Fold over and enjoy!