

SPINACH & FETA CREPES

INGREDIENTS

ITEM	QUANTITY
Large Eggs	2
Lactose-Free Milk	½ Cup
Oat Flour	½ Cup
Salt	¼ Tsp.
Olive Oil	1 Tsp.
Baby Spinach	1 Cup
Feta Cheese, crumbled	½ Cup
Chives, chopped	2 Tbsps.
Black Pepper	¼ Tsp.
Olive Oil	1 Tsp.

SERVING SIZE **2 CREPES**

PREPARATION

- Whisk eggs, lactose-free milk, oat flour, and salt until smooth.
- Heat a nonstick skillet over medium heat and lightly brush with olive oil.
- Pour in half the batter and swirl to create a thin crepe.
- Cook for 1-2 minutes, then flip and cook for another 30-60 seconds. Repeat with remaining batter.
- In the same skillet, heat 1 tsp olive oil and add spinach. Cook until wilted.
- Remove from heat and stir in feta, chives, and black pepper.
- Divide the filling between the crepes, fold, and serve.

© BioIntelligent Wellness. All rights reserved. Unauthorized reproduction or distribution is prohibited.