



Fruit Filled Crepes

by *BHHEC Kitchen*

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2¼ cups water
¾ cup raw cashews
1½ cups whole grain flour
2 Tbsp. honey
½ tsp. salt

1. Place all ingredients in blender and blend well. Mix should be thin.
2. Add more water if needed.
3. Cook on non-stick griddle at 400 °F degrees until lightly brown and turn over.
4. Do not over cook until crispy or they will not roll.
5. Pour about 2 Tbsp. fruit sauce in the middle and roll up.
6. Place in pan seam side down.
7. When all are rolled, pour a little sauce down the middle of the crepes and serve.

Crepes freeze nicely.

Makes about 16 crepes (8 servings)