



One of my favorite special breakfasts my mom would make on the weekends was crepes. I have missed my mom's crepes so much, so it was a special experience when I was finally able to create gluten-free crepes that matched the ones from my memories. Light, tender, and subtly sweet, these gluten-free crepes are the perfect base for a sweet or savory breakfast. This recipe is quick, easy, and has a dairy-free option, too.

Ingredients

- **Eggs:** Help give the crepes structure.
- **Milk:** Hydrates the flour to create a thin batter. For a dairy-free option, use plain unsweetened almond, cashew, or coconut milk.
- **Water:** Increases the hydration of the batter.
- **Gluten-Free All-Purpose Flour with Xanthan Gum:** I like Pillsbury gluten-free. Not all gluten-free flours are created equal. You may experience different baking results depending on the gluten-free flour blend you choose.
- **Granulated Sugar:** Sweetens the batter. For savory crepes, omit this ingredient.
- **Pure Vanilla Extract:** Enhances the sweetness of the crepes. For savory crepes, omit this ingredient.
- **Unsalted Butter:** Makes these crepes rich and tender. For a dairy-free option, use Smart Balance butter.







Tips and Suggestions

- The best way to measure gluten-free flour is the “spoon & level” method. Using a spoon, scoop the flour into the measuring cup. After you’ve spooned the flour into the measuring cup, use the back of a knife to level off the top of the measuring cup.
- If you refrigerate the crepe batter for 1 hour, it will help keep the crepes from tearing during cooking. The batter will keep for up to 48 hours.
- For savory crepes, omit the granulated sugar and pure vanilla extract and add a 1/4 teaspoon salt and your favorite herbs to the crepe batter.
- I recommend using a crepe pan.

Why Is My Crepe Batter Lumpy?

This gluten-free crepe batter will be noticeably runny, but it should not be lumpy. If it is lumpy, check that your eggs, milk, and butter were all properly at room temperature. Cold ingredients can seize up, creating a lumpy batter.

Why Are My Crepes Rubbery?

As I said before, this gluten-free crepe batter should be relatively thin and runny. If you add too much flour, the batter will be too thick to spread well, and this can create tough and rubbery crepes.

Furthermore, make sure to fully preheat your pan before making any crepes, as starting the batter in a cold pan can cause it to seize up and turn rubbery. We want a hot pan and a quick cook for the best texture!

What Should I Serve With These Crepes?

There are so many sweet and savory options for serving these gluten-free crepes. Here are a few of my favorites for inspiration:

- Dust with powdered sugar.
- Spread with Nutella.
- Fill with whipped cream and sliced strawberries.
- Spread with peanut butter, add sliced bananas, and drizzle with chocolate sauce.



- Drizzle with chocolate sauce.
- Fill with scrambled eggs and bacon and top with Hollandaise sauce.

Storage Instructions

Once cooled, I recommend stacking these gluten-free crepes on top of each other and storing them in an airtight container in the refrigerator for up to 5 days or in the freezer for up to 2 months. Thaw on the counter for 15-30 minutes before gently peeling the crepes apart. To reheat, microwave for 10-15 seconds.

Gluten-Free Crepes

Light, tender, and subtly sweet, these gluten-free crepes are the perfect base for a sweet or savory breakfast- no blender required!

Ingredients

- 2 large eggs
- ☐☐¾ cup milk
- ☐☐½ cup water
- ☐☐1 cup gluten-free all-purpose flour with xanthan gum
- ☐☐¼ teaspoon xanthan gum, leave out if your flour already has it
- ☐☐2 tablespoons granulated sugar
- ☐☐1 teaspoon pure vanilla extract
- ☐☐3 tablespoons unsalted butter, melted

Instructions

- In a large bowl, whisk the eggs with your hand mixer or stand-up mixer.
- Add all of the rest of the ingredients and mix on medium for 1 minute and until all the ingredients are fully combined and the batter is smooth.
- Spray a non-stick pan with gluten-free cooking spray.
- Pour ¼ cup of the batter into the center of a greased pan. Pick up the pan from the stove and swirl the pan to spread the batter evenly make a circle. Cook over medium heat for 30-45 seconds or until browned on the bottom.
- Flip the crepe over and cook for about 30 more seconds, until brown on the other side. Repeat with the remaining batter.



- Slide the crepe onto a plate, laying it flat. Serve the crepes rolled or folded into triangles with your favorite fillings or toppings. Enjoy!

Notes

- The best way to measure gluten-free flour is the “spoon & level” method. Using a spoon, scoop the flour into the measuring cup. After you’ve spooned the flour into the measuring cup, use the back of a knife to level off the top of the measuring cup.
- If you refrigerate the crepe batter for 1 hour, it will help keep the crepes from tearing during cooking. The batter will keep for up to 48 hours.
- For savory crepes, omit the granulated sugar and pure vanilla extract and add a 1/4 teaspoon salt and your favorite herbs to the crepe batter.
- I recommend using a crepe pan.
- **To store:** Stack the crepes in an airtight container in the refrigerator for up to 5 days.
- **To freeze:** Stack the crepes in an airtight container in the freezer for up to 2 months.

Nutrition

Serving: 1 crepe Calories: 130kcal Carbohydrates: 15g Protein: 3g Fat: 6g Saturated Fat: 3g
Cholesterol: 54mg Sodium: 66mg Potassium: 45mg Fiber: 1g Sugar: 4g Vitamin A: 230IU
Calcium: 43mg Iron: 0.7mg