



Gluten-free crepes without lactose and sugar

Preparation : 5 minutes | Waiting time : 30 minutes | Cook : 10 minutes | Ready in : 45 minutes

For about 10 crepes :

- 3 eggs
- 200g of cornstarch
- 50cl vegetable milk
- a little rum
- optional: olive or coconut oil for cooking if your pan is not non-stick

Preparation:



If you have a food processor, mix all the ingredients and proceed to step 3.

1/ In a bowl, add the cornstarch and the eggs. Mix it up.

2/ Mix first, then gradually add the milk, while mixing the preparation so that it does not make lumps. Add a little rum (to suit your taste).

3/ Let the dough rest for 30 minutes.

4/ Mix the mixture well: the cornstarch tends to fall back and harden a little.

5/ Heat your pan and oil it with a brush if necessary. Once hot, pour a ladle of batter into the pan.

6/ Cook the crepe for about 2 minutes. With a spatula, turn and cook the other side.

The batter won't brown much when cooked, it's normal! If you wait for it to colour, it may overcook and become a little too hard. If so, don't panic, once cooked, cover the pancake to soften it a little.

Bon appétit!

Krystalife