

Macadamia Nut Crepes

Summary

Yield	Servings
Source	wailana
Prep time	
Cooking time	30 minutes
Total time	30 minutes

Description

Crepes are simple enough to prepare for a family meal and elegant enough to offer guests for a special dinner. These crepes have an especially delicate and unusual flavor due to the addition of macadamia nut milk and roasted macadamia nuts.

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Macadamia Nut Crepes [default/files/recipe/mango-apple-crisp_library.jpg](#)

Ingredients

--Crepes:

2 c

Fresh macadamia nut milk*

1 1/2 Tbsp

Macadamia nuts, salted and roasted

1/3 c

Whole wheat pastry flour**

1/4 c

Brown rice flour**

1/8 tspn

Baking powder

1/4 tspn

Salt

3/4 Tbsp

Egg replacer powder mixed with

3 Tbsp

Water

1 Tbsp

Safflower oil

--Filling:

2 c
Spinach, chopped
2 2/3 c
Frozen peas
1 tspn
Olive oil, plus extra for pan-frying
1 clv
Garlic, finely chopped
1 1/2 Tbsp
Nutritional yeast
1 Tbsp
Eggless mayonnaise
1 1/8 tspn
Balsamic vinegar
1 1/8 tspn
Salt
1 1/2 c
Firm tofu, crumbled
1 1/16 tspn
Nutmeg
1 Tbsp
Fresh parsley, minced
1 1/2 Tbsp
Lemon juice
2 tspn
Cornstarch mixed with
1 Tbsp
Water

Instructions

1. Prepare the nut milk as directed above and set aside. Finely chop the macadamia nuts to a crumb consistency. Place in a bowl along with the flours, baking powder, and salt.
2. Separately whisk the egg replacer and water until fluffy. Add this to the flour along with 1 1/4 cups of the nut milk and the safflower oil. Whisk well to form a thin batter. Set aside for 15 minutes.
3. Meanwhile, steam the chopped spinach and peas for 5 minutes. Remove from the heat, drain, and cool. Heat the olive oil in a skillet on medium heat. Add the garlic and sauté until golden.
4. Add the remaining 3/4 cup nut milk and the rest of the filling ingredients except the cornstarch mixture. Bring to a boil and cook for a few minutes. Thicken with the cornstarch mixture. Set aside.
5. Brush or spray a small 8-inch nonstick skillet with oil and place on medium-high heat until the skillet is quite hot. Place 1/4 of the batter mixture in the center of the pan and swirl in circles to coat evenly. If the skillet is hot enough, the batter will form bubbles immediately.
6. Cook the crepe until golden brown on the bottom, then turn over and cook the other side until browned. Repeat for 3 more crepes. Spread each crepe with 1/4 of the filling. Fold in half, then in half again. Serve warm.

Notes

*Macadamia nut milk: Blend 1 cup roasted salted macadamia nuts with 2 1/2 cups hot water until smooth.

Strain through a fine strainer.

**For a wheat-free batter alternative, use 1/3 cup garbanzo flour and 1/4 cup potato starch instead of the rice and wheat flours.

Nutritional Information Per Serving:

Calories: 492, Fat 36.6g (330 cal), Carbohydrate 28.7g (115 cal), Protein 11.7g (47 cal)

Added information: Saturated Fat 5.2g, Cholesterol 1mg, Sodium 397mg, Dietary Fiber 7.4g

Source URL: <http://www.wailana.com/lifestyle/recipe/macadamia-nut-crepes>