

Savory Vegan Crêpes

Makes 10 | Active Time: | Total Time: 35 minutes

Swick

Chef's Notes

What's especially cool about crêpes is that you can stuff them with so many different things, both sweet and savory. Raw, cooked, steamed, or roasted veggies, canned legumes, vegan cheese, chopped nuts, fresh greens, leftover vegan chicken, grilled tofu, hummus, cashew spread...the options are endless.

If you prefer a sweet version, then a chocolate spread, peanut butter, cashew butter, or any jam will be a great base. Then simply add whatever frozen or fresh fruits you like, some chopped nuts, or chocolate if you like. Ice cream or coconut whipped cream can be really fun additions as well.

Nutritionals Per Crepe

Calories 173 | Total Fat 10.6g | Saturated Fat 2.1g | Cholesterol 0mg | Sodium 210mg | Total Carbohydrate 15.4g | Dietary Fiber 2.8g | Total Sugars 3.6g | Protein 6.6g | Calcium 55mg | Iron 3mg | Potassium 410mg |

Step 1: Make the Crêpes

- 10.5 oz / 300 g / 2.4 cups flour
- 1/2 tsp baking powder
- 1.5 tbsp / 25 ml vegetable oil
- 1 tsp apple cider vinegar
- 1 cup / 250 ml unsweetened plant milk
- 1 2/3 - 2 cups / 400-450 ml sparkling water
- sea salt
- For the Filling:
- 1/2 tsp vegetable oil
- 1 clove of garlic, minced
- 1-2 cups of fresh baby spinach
- 1/2 cup sliced oyster and button mushrooms
- 1/2 tsp low sodium soy sauce or tamari (or coconut aminos) 1.5 tsp bbq sauce
- 2 tbsp cashews
- pinch of turmeric
- 1/4 tsp onion powder
- 1 tsp lemon juice
- 1 tsp nutritional yeast
- 1/2 green onions, sliced
- salt and pepper to taste

In a bowl whisk together flour, baking powder, and salt.

Add oil, vinegar, and milk, and whisk together.

Start to add sparkling water, whisking constantly, until you get a smooth, pancake-batter-like consistency.

Heat up a crepe pan over medium heat. Once hot, add a ladleful of the batter, then rotate the pan to spread the batter thinly across the whole pan.

Cook for 1-2 minutes on each side. Repeat with the remaining batter. Keep crêpes covered with a towel until ready to serve.

Make the Filling:

Heat oil in a skillet. Add mushrooms to the hot skillet, and cook for 7-10 minutes, stirring occasionally, until mushrooms are cooked through and nicely browned. Add garlic and baby spinach, and sauté until spinach is wilted. Season with salt and pepper.

In a small bowl whisk together soy sauce and bbq sauce. Pour mixture over mushrooms and spinach, and stir to coat evenly. Cook for another minute.

Place cashews, turmeric, onion powder, and lemon juice to a blender, and start to process. Slowly add water, until desired consistency is reached, and cream is completely creamy. Season with salt and pepper to taste.

Top crêpe with spinach and mushrooms, and drizzle with sauce. Fold in half, then in half again, and sprinkle with green onions. Serve with any leftover sauce on the side.