



Dose  of Nutrition

## Peanut Butter & Cacao Crêpes

BY HUMA NAZ



Makes 8  
crêpes



Total time:  
15 mins.



Vegetarian

### PROCEDURE

### INGREDIENTS

- 1 cup old-fashioned oats
- 1 cup milk of choice( I used low-fat dairy milk)
- 2 eggs
- 1 tbsp. 100% cacao powder
- 1 tbsp. honey
- 1/2 tsp. vanilla extract
- 1/8 tsp. salt
- 1/4 cup chopped nuts & mini dark chocolate chips or cacao nibs
- Oil

01

Process all ingredients except oil in a blender until smooth.

02

Lightly grease a 8" skillet with oil and heat the skillet on medium-high heat. Pour about 1/4 cup of batter in the skillet and twirl the skillet quickly to cover the entire surface. Cook the batter for about 30 seconds or until the bottom is slightly golden brown. Then, flip and cook for about 15 seconds or until slightly golden brown. You may need to coat the pan with oil every time you add batter.

03

To serve, roll the crêpes, drizzle over melted peanut butter and sprinkle over some nuts.

### RECIPE NOTES

- For dairy-free crêpes, you can use dairy free milk options like almond or soy milk.
- If you have a gluten allergy, selecting certified gluten-free oats are a better option.
- You can store extra servings between layers of parchment paper in the refrigerator for 2-3 days

FOR YOUR DAILY DOSE OF RECIPES, PLEASE VISIT  
[WWW.DOSEOFNUTRITION.COM](http://WWW.DOSEOFNUTRITION.COM)