



Three Ingredient Breakfast Crepe

(Shared courtesy of Vivian Grimes and Family)

Ingredients:

- 2 eggs
- 1 banana
- Pinch of cinnamon
- Pinch of nutmeg
- Ghee, canola or vegetable oil for pan or griddle
- Bananas, Nutella, peanut butter, honey or other options for filling as desired

Directions:

- Place all ingredients in blender / Vitamix
- Blend on high until combined (30 seconds)
- Pour onto heated griddle, crepe pan or skillet
- Cook for 10 – 20 seconds (depending on heat of surface)
- Gently flip (this can be a bit tricky but you'll get the hang of it after a few botched tries ;)). I recommend a thin spatula and dinner knife to assist.
- Fill (as desired) or serve plain.

Note: This has been a total hit in our family. You can make it the night before, or whip up on a weekday morning with ease.

****** Justin's cocoa nut butter is a healthier alternative to Nutella; however, for a no-salt alternative, we suggest Barney Butter (both available at Whole Foods).