

Recipe: Vegan Palacsinta (Crepes) - serves 3-4 people

Ingredients:

1.5 cup whole-wheat flour (alternatively may use 1/2 cup whole-wheat flour plus 1 cup spelt flour - this seems to work better and taste better)  
1.5 cup unsweetened almond milk  
1/2 cup soda water  
2-3 TBSP brown sugar (or alternative sweetener)  
1 TBSP unsweetened applesauce  
1 1/4 tsp vanilla extract  
1 tsp baking powder  
pinch salt

Instructions: Mix all ingredients in a large mixing bowl whisking until smooth consistency. Can prepare just before cooking or can make night before and sit covered in fridge up to 12 hours. Cooking instructions: Crepe pans are available in the U.S., but any 12 inch skillet can work. Crepes are supposed to be thin. Once the skillet is heated up spray Pam or other spray oil on surface then wipe excess off. ladle batter into skillet then lift up skillet and tip all around in circle so batter spreads out over entire surface and thins out. Once the top stops looking liquidy, flip over.

Eat filled with jam or fruit or cacao powder (kids love it this way); ground walnuts sweetened with a dash of powdered sugar also makes an excellent filling.  
Bon appetit!