THE LIGHTER PLATE METHOD

Buckwheat Crêpes with Summer Berries

Thin, nutty crêpes folded around yoghurt and a tumble of tart berries.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
8 min	**12 min**	**20 min**	**2**	**MEDIUM**

Ingredients

- 80 g buckwheat flour
- 1 egg
- 250 ml semi-skimmed milk
- 200 g mixed berries
- 150 g natural yoghurt
- 0.5 lemon
- 1 tbsp vegetable oil (for frying)

Method

1. Whisk the flour, egg and milk together with a pinch of salt to a smooth, thin batter. Rest for 5 minutes.
2. Warm the berries in a small pan with a squeeze of lemon for 2 minutes, until just starting to burst. Keep warm.
3. Wipe a non-stick frying pan with oil and set over a medium-high heat. Pour in a ladleful of batter and swirl to coat the base thinly.
4. Cook for 1½ minutes, until the edges lift, then flip and cook for 45 seconds. Repeat with the rest.
5. Fold each crêpe around a spoonful of yoghurt and top with the warm berries.

Tips & swaps

- Buckwheat batter thickens as it stands; if the later crêpes are heavy, whisk in a splash more milk. The first crêpe is always the practice one.

Storage & reheating

Best fresh; batter keeps a day covered in the fridge.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
290	**12g**	**38g**	**9g**	**5g**

Estimated values, for guidance only. Contains: Egg, Milk.