



LIVE WELL WATERTOWN

TEFF FLOUR CREPE/PANCAKE

Prepared By: Community Chef Anna

INGREDIENTS:

- 1 CUP TEFF FLOUR
- 2 ½ CUPS OF WATER
- SALT TO TASTE
- 2 TSP OIL

INSTRUCTIONS:

IN A BOWL, MIX TEFF FLOUR, SALT AND WATER UNTIL SMOOTH.

KEEP THE NON-STICK PAN OVER MEDIUM HEAT.

ADD A LITTLE OIL TO THE PAN.

POUR THE MIX IN THE PAN TO YOUR OWN DESIRED THICKNESS (EITHER THICK OR THIN)

COOK THE CREPE FOR ABOUT TWO MINUTES ON EACH SIDE.

IT MAKES ABOUT 5 OR 6 CREPES/PANCAKES.