



Columbia Grain™

CULTIVATING GROWTH™

RECIPE

Whole Wheat and Kombucha Crepes

These tangy, delicate crepes are made with kombucha, buttermilk and whole wheat pastry flour. Fill them with Greek yogurt and caramelized apples and rhubarb for a delicious dessert or breakfast.

INGREDIENTS

BARLEY AND KOMBUCHA CREPES

- 1½ cups whole wheat pastry flour
- 2½ tsp barley malt powder
- 3 tsp sugar
- ¾ tsp sea salt
- ¼ tsp ground cinnamon
- ¾ cup buttermilk
- 2 eggs
- 1 cup carbonated kombucha (we used original flavor, but ginger would also be delicious)
- 1–2 tbsp butter for cooking
- 16–24 oz carton labneh or Greek yogurt

QUICK CARAMELIZED APPLES AND RHUBARB

- 2 apples (we used Fuji)
- 2 stalks rhubarb, chopped
- 2 tbsp butter
- 4 tbsp brown sugar
- ¼ tsp sea salt

INSTRUCTIONS

BARLEY AND KOMBUCHA CREPES

1. In a medium-sized bowl, whisk together dry ingredients. Create a well in the middle.
2. In a separate smaller bowl, whisk together buttermilk and eggs. Pour the wet mixture into the dry ingredients and whisk together—it will be quite thick. Pour in kombucha gradually, mixing until it has loosened up quite a bit.
3. Prepare a nonstick or crepe pan with a tablespoon of butter and heat the pan over medium heat. In batches, add ¼ cup batter and turn pan immediately from side to side to form an even circle. Cook 1–2 minutes per side, or until lightly browned. Add additional butter as needed.
4. Stack crepes on a plate until ready to eat, then fill with quick caramelized apples (see below) and labneh or yogurt!

QUICK CARAMELIZED APPLES AND RHUBARB

1. In a saucepan over medium heat, combine all the ingredients and cook, stirring often, until the apples have softened, 15–20 minutes.

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