

Easy homemade spinach crepes

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Looking for a quick , easy and delicious healthy meal that's perfect any time of the day ? These easy, homemade and quick spinach crepes are just what you need! Light , savory, and full of good for you spinach, these crepes come together in minutes and make a versatile base for your favorite fillings. I used them to make a lighter version of spinach manicotti- filled the crepes with a creamy ricotta and spinach filling, placed them in a baking dish with my easy marinara sauce, topped them with shredded mozzarella and baked them until the cheese was bubbly and golden.

Things to know about this Easy homemade spinach crepes recipe

These savory spinach crepes are easy to make! They take a little bit of time- you have to fry each one separately but other than that, they're really easy to make. Crepes are nothing more than super thin pancakes, deliciously neutral in taste. It's the fillings that make them savory or sweet.

If you want to make crepes into a lunch or dinner, what I do is make a rich ricotta and spinach filling and use these spinach crepes instead of store-bought pasta tubes to make manicotti. I layer them in a baking dish with my easy marinara sauce and bake until bubbly and golden. It's a lighter, healthier version on the classic- delicious and perfect to make ahead of time , and bake when you're ready to serve.

These easy homemade spinach crepes are a healthy alternative, they're delicious and a versatile staple you'll make over and over again. Whether you're making them for a quick lunch, using them for manicotti, or filling them with whatever you have on hand, you're going to love them!!! Try them with my easy marinara sauce and your favorite savory filling for a delicious easy dinner everyone will love. And if your looking for a more classic option, check out my plain crepes how to make homemade crepes -prefect for sweet or savory fillings. And what I used to make my delicious Italian crepe Manicotti with bechamel

Let me know how you used them- I'd love to hear what fillings you came up with, snap a picture and tag me on social media, I love to see your creations . It's my favorite part!!

Ingredients

- 2 cups fresh spinach
- 1 1/2cups of flour
- 3 eggs
- 1 cup milk
- 2 Tbsp. of butter
- salt and pepper to taste

Instructions

1. Prepare the spinach by placing it a dry saute pan and cook until wilted (2-3 minutes) let cool, squeeze out as much liquid as possible.
2. In a blender or food processer combine the spinach, eggs, milk and salt , blend until smooth.
3. Add the flour and pulse until combined. Don't over mix. The consistency should be smooth and thin , similar to heavy cream. It should coat the back of a spoon. Then set the batter in the fridge to rest for at least 1 hour or overnight.

4. Heat an 8 inch non-stick skillet over medium high heat. Grease with a small amount of batter. Pour a small amount of batter(about 2 Tbsp.) into the pan and swirl to coat evenly. Cook each crepe 1-2 minutes per side. Greasing the pan with butter lightly before each crepe.
5. To store spinach crepes, allow them to cool completely before stacking and covering them tightly with plastic wrap or placing them in an airtight container. Keep them in the fridge for 2-3 days. For freezing separate each cooled crepe with parchment paper, stack and wrap tightly with plastic wrap or place in a freezer safe container. They will last in the freezer up to three months.
6. To reheat the frozen spinach crepes, thaw the crepes in the fridge, then warm them up in a skillet or microwave until heated through.
7. Second,
8. And so on