



Ingredients

- 2 cups Whole wheat flour
- 1 pinch salt
- 2 cups Low fat milk
- 2 tbsp Oil
- 3 Mediums Eggs
- 1 lb Labneh mixture ingredients:
- 500 g Low fat labneh
- 0.5 cup Feta Cheese, crumbled
- 1.5 cups sundried tomatoes
- 0.5 cup Flaxseeds
- 1 lb On the side:
- 1 cup Milk
- 4.7 g Small piece of butter for the pan

Instruction

1. In the bowl of a blender, add crepe ingredients and blend until well combined. Refrigerate for 30 minutes; stir for a few seconds before using. (p + K)
2. Coat with butter in a non-stick pan on a medium heat, then tilt the pan so the butter coats the surface. (P)
3. Pour in 1 ladle of batter and tilt again, so it spreads all over the base, then cook for 1 to 2 minutes. Once golden underneath, flip the pancake over and cook for 1 further minute. Repeat with remaining batter, stack crepes directly on top of one another. (P and K)
4. Place first a crepe layer onto a serving platter and spread about 2 Tbsp of the labneh mixture between each crepe layer Repeat layers until all the crepes are used. Refrigerate cake for 15 minutes (P and K)

Nutrition

Carbohydrates	25.16 g
Energy	238.36 kcal
Fats	10.54 g
Protein	13.3 g

🕒 50 Minutes

⊕ 12