

Paleo Vietnamese Crêpe (Banh Xeo) Recipe

The Ingredients:

- **1/2 Cup of Plantain Flour**
- **1/2 cup of Tapioca Flour**
- **1/2 cup of Organic Coconut Milk (the Asian brand full fat coconut milk, makes it luscious)**
- **1 cup of lukewarm water**
- **1 tsp Turmeric**
- **1 tsp of garlic salt**
- **1 tsp of crushed black pepper**

Instructions:

- 1.) Mix dry ingredients and then add wet ingredients.
- 2.) Use a coconut oil spray (or other favorable Paleo oil), lightly grease a non-stick pan with said oil (you will have to do this frequently after each crêpe is made).
- 3.) 1 small ladle in a hot pan and spread out evenly, prepare like a regular crêpe. Let it brown at the edges add filling and fold over edges.

Common fillings are seasoned Pork, Chicken or Shrimp. Any protein you like. I have steak here.

Filling example:

- 1/2 lb. or 6 oz of ground pork
- 2 garlic cloves minced
- 2 tablespoons of coconut oil
- 1 lb. of bean sprouts (soaked)
- 1/4 cup of green onions
- Salt and Pepper
- Assortment of veggies:
 - Shredded Lettuce (Butter lettuce is great)
 - Carrots
 - Mint leaves
 - Sliced Cucumbers

Instructions:

- 1.) Brown garlic in coconut oil and season and cook protein. Add remain ingredients till fully incorporated.

