

Paleo Seafood Crêpe Recipe

The Ingredients:

Plantain Crêpe:

- 1/2 cup of Plantain Flour
- 1/2 cup of Tapioca Flour
- 1/2 cup of nut milk of choice
- 1 cup of lukewarm water
- 1 tsp of garlic salt
- 1 tsp of crushed black pepper
- 1 tablespoon of melted coconut oil

Seafood Filling:

- 1 cup of Shrimp
- 2 garlic cloves minced
- 1 cup of shredded lobster meat
- 1 small chopped onion
- 2 tablespoons of coconut oil
- pinch of sea salt and crushed black pepper

Instructions:

Crêpe:

- 1.) Put coconut oil and spread evenly in hot pan.
- 2.) Mix crêpe ingredients til well mixed. Ladle crêpe mixture into pan and spread thinly.
- 3.) Allow to bubble with a nice crust and flip.
- 4.) Repeat process. Makes about 4 to 5 pieces.

Filling:

- 1.) Put coconut oil in heated pan.
- 2.) Brown minced garlic and chopped onions.
- 3.) Add in shrimp and lobster meat and cook to golden brown.
- 4.) Add salt and crushed black pepper.

ENJOY!

