



Tigernut Flour Crepes with Roasted Delicata Squash

You can fill these lovely, versatile grain-free crepes with a sweet or savory filling. Here they're paired with roasted squash and crunchy pepitas for a filling, hearty meal that certainly doesn't skimp on flavor! Recipe and photo created by Erin Alderson of [Naturally Ella](#).

Yield: 8 crepes, about 4 servings

Ingredients

FOR THE SQUASH

- 3 cups ½" cubed butternut squash
- 1 tablespoon olive oil
- ½ teaspoon smoked paprika
- ½ teaspoon garlic
- 1/2 teaspoon sea salt

FOR THE CREPES

- ½ + 2 tablespoons cup tigernut flour (70g)
- ¼ teaspoon sea salt
- 2 large eggs (112g)
- ½ cup coconut milk beverage
- 1 tablespoon olive oil

FOR TOPPING

- ¼ cup chopped cilantro, for serving
- ¼ cup toasted pepitas, for serving
- 2 tablespoons olive oil, for serving
- Crushed red pepper to taste, for serving

Directions

Preheat oven to 425°F.

TO MAKE THE SQUASH: Place butternut squash on a sheet tray and drizzle with the olive oil, paprika, garlic, and salt. Toss to coat the squash and then place in the oven. Roast until tender and starting to brown, 30 to 25 minutes.

TO MAKE THE CREPES: While the squash is roasting, combine the tigernut flour with the salt, eggs, and coconut milk. Whisk together, making sure everything is well combined.

Heat 8" skillet over medium-low heat and lightly grease with olive oil. Place about ¼ cup of batter in pan. Tilt/swirl the pan so that the batter covers the entire bottom of the pan in a thin layer.

Cook for about 60 to 90 seconds, until the edges begin to peel away from the sides of the pan

and look golden. Flip and cook for another 20 to 30 seconds. Adjust heat higher/lower depending on how fast the crepe is cooking. Layer done crepes, slightly overlapping, on a plate or wax paper.

When the crepes are done, fold them into quarters and place on plates or a larger platter for family-style serving.

Top with the roasted squash, cilantro, pepitas, olive oil, and crushed red pepper if desired.