Cacao collagen crepes



Ingredients

Serves: 4

- 1 ripe banana
- 4 eggs
- 1 cup rolled oats
- 1–2 tbsp cacao powder
- 1 scoop vanilla collagen powder (optional)
- ½ tsp cinnamon
- ½ tsp baking powder
- Ghee or coconut oil, for cooking

Instructions

1. Add the banana, eggs, oats, cacao, collagen, baking powder and cinnamon to a blender.
2. Blend until smooth and creamy. If the batter feels too thick, add a splash of milk and blend again.
3. Heat a pan hot , then reduce to low heat and add a generous amount of ghee.
4. Pour in a small amount of batter and gently swirl the pan to create a thin crepe.
5. Cook slowly until the edges are set and the underside is golden, then carefully flip and cook the other side.
6. Repeat with the remaining batter, adding more ghee to the pan between crepes as needed.
7. Try with Greek yoghurt, berries, banana, nut butter, coconut yoghurt or a drizzle of maple syrup

Her Habitat tip: Don't rush these! Cooking them low and slow in plenty of ghee gives them lovely crisp edges while keeping the crepe soft inside.