

I'm always looking for ways to get my veggies, and this easy recipe provides a not-too-sweet treat which is great for breakfast or a snack anytime. Adding zucchini to banana adds nutrition while buffering the sugar spike. It may sound a little weird, but try it out; I wager you'll like it.

If you're wondering how I make those perfect rounds for crepes, wraps, and tortillas, visit the Rawsome Creations website to purchase your own Rawsome Creations template. <http://rawsomecreations.com/kitchen-tools/rawsome-rounds-template.php>

Banana Crepes

Yield: 4 6 inch crepes

Equipment: High-speed blender and dehydrator

2 Tablespoons flax seeds ground and set aside

1 Tablespoon psyllium set aside

1 ripe banana broken into pieces

1 medium zucchini (about 5 ounces) peeled and rough chopped

3 Tablespoons maple syrup (optional if your bananas are really ripe and sweet)

1 teaspoon lemon juice

Pinch of salt

Place above ingredients except flax seeds and psyllium into a high-speed blender and blend until well combined and a smooth texture. Add the ground flax seeds and psyllium and pulse or blend until well incorporated throughout. Be careful not to heat up your mixture by blending too long.

Prepare drying sheets and dehydrator trays. Using the Wrap template and a small offset spatula, spread the mixture evenly and smoothly so the wells in the template are filled evenly on the liner. Carefully lift the template and repeat (if necessary) until the mixture is distributed onto the drying sheets in the tray(s).

If not using a template: use ¼ cup measure of mixture for each 6 inch crepe and spread evenly (about 1/8 inch thick). Remember, the disks don't need to be perfect circles. For best dehydration, it's more important to get the crepes evenly thick than perfectly round.

Dehydrate at 115°F for 10 hours. Texture should be tacky and not crispy.

Suggestions: Use fresh berries and a nut cream for filling or topping. Experiment with other savories in your batter. Enjoy!