



## Quick Gourmet Crepes

### Ingredients:

- 1 cup whole wheat flour (can also use buckwheat or spelt flour but may need to adjust liquid a little)
- 2 eggs
- 1 cup nonfat milk
- ½ tsp salt
- 2 tbsp butter, melted
- Nonstick cooking spray

### Flavour boosters to add into batter:

- Zesty peel: Grated lemon, orange or grapefruit peel
- Sweetener: agave, sugar, honey or similar
- Spices & flavors: cinnamon, ginger or vanilla extract

### Fillings:

- Cottage cheese and apple butter or sauce
- Plain yogurt and berries
- Maple syrup
- Nut butter and banana
- Nut butter and honey
- Yogurt and sliced banana
- Chopped apple, ricotta cheese, cinnamon and honey
- Pumpkin puree, honey, cinnamon, vanilla yogurt

### Making it:

1. Place flour in a large mixing bowl.
2. Add your milk and egg whites.
3. Add the vanilla.
4. Mix well.
5. Pour the batter onto a hot non-stick pan over medium heat. Gently turn pan in a circular motion to spread out batter into crepe form.
6. When cooked, put crepe on a plate. Add any of the following Roll so sides overlap holding the crepe together and enjoy.

### Tips and Hints:

- A really fast way to make these is toss all ingredients in a blender Pour batter directly from blender onto pan.
- More filling ideas:
  - Tex Mex breakfast crepe: scrambled egg whites and/or eggs, avocado, diced tomato, onion , salsa
  - Sweet breakfast or dessert crepe: Peanut butter, 1 banana thinly sliced, honey
  - Dinner crepe: 3 oz. ground lean meat, cheese, marinara sauce
- These also freeze very well if you layer with wax paper between and wrap in plastic wrap or place in zip-lock.
- Note: nutrition information does not include toppings or filling.

### NUTRITION FACTS

Servings: 4  
 Serving Size: 4 5" crepes

<b>Total Calories</b>	<b>218</b>
Carbohydrate	26 g
Total Fat	9 g
Protein	10 g
Fiber	4 g

Prep Time: 10  
 Cook Time: 10