



Czech Crepes with Berries and Cream

Makes 12 Crepes

Ingredients

1 cup all-purpose or white whole wheat flour
1½ cups 1 percent milk (or milk of your choice)
2 large eggs
1 teaspoon oil, olive or grapeseed
Nonstick cooking spray

For the berries:
6-ounce package blackberries
6-ounce package raspberries
12-ounce package strawberries cut in quarters
12 tablespoons light whipped cream of your choice
(or yogurt/cottage cheese)
1 teaspoon powdered sugar, for topping

Instructions

1. In a blender, blend flour, milk, eggs and oil until smooth.
2. Heat a nonstick crepe pan on medium-low heat. When hot, spray with cooking spray to coat bottom of skillet.
3. Pour ¼ cup crepe mixture into pan, swirling pan slightly to make crepe thin and smooth.
4. Cook for 1 minute or until bottom of crepe is light golden brown.
5. Flip; cook 30 seconds to 1 minute or until light golden brown.
6. Set aside on a plate and repeat with remaining crepe mixture.
7. To serve, spoon 1 tablespoon cream or your desired filling into center of each crepe.
8. Top with some berries and roll crepes.
9. Sprinkle lightly with powdered sugar and more berries on top. These are best served warm.

Nutrition Facts

Serving size: 2 crepes; calories: 180; fat: 4g; saturated fat: 1g; cholesterol: 63mg; sodium: 50mg; carbohydrates: 30g; dietary fiber: 5g; protein: 7g; sugars: 10g

Source: www.healthdiscovery.net

