

Fresh Strawberry Crepes

Serving Size: 2 Crepes + Toppings

Serves: 8

Basic Crepe Recipe:

Ingredients:

1 cup sifted flour

¼ cup sugar

¼ teaspoon salt

3 eggs

1 cup milk, fat free

3 tablespoons melted margarine

½ teaspoon vanilla flavoring

Directions:

1. Combine sifted flour, sugar and salt
2. Beat eggs and milk.
3. Add melted margarine and vanilla
4. Combine egg mixture with dry ingredients and beat with rotary beater until smooth.
5. Heat skillet moderately hot.
6. Pour in just enough batter to cover bottom.
7. Cook each crepe over medium heat until light brown on bottom and firm to touch on top.
8. Loosen edges with spatula, turn and brown second side.
9. Leftover batter can be refrigerated and used later if desired.

Filling for Crepe:

Ingredients:

1½ lb strawberries, fresh diced ¼"

¼ cup sugar

1 cup whipped topping, fat free, sugar free

1 lb strawberries, fresh, sliced ¼"

Directions:

1. In a small bowl, combine 1st listed strawberries and sugar, chill for 2 ½ hours to draw juices from the berries.
2. Lay out crepes. Top with 2 tablespoons strawberry mixture. Roll up crepes.
3. Top each serving with 2 tablespoons whipped topping and ¼ cup 2nd listed sliced strawberries.

Exchanges per serving:

2 Starch, 1 Fat

Nutrients per serving:

Calories: 210

Calories from fat: 64

Total Fat: 7.1g

Cholesterol: 71mg

Sodium: 134mg

Total Carbohydrate: 33.1g

Dietary Fiber: 2.9g

Protein: 4.9g