

Whole Wheat Crepes



NUTRITION CONSULTING INC.

It's your health. Take a stand.

Add your favorite filling to these delicious and nutritious crepes!

Whole Wheat Crepes

1 cup milk
3/4 cup whole wheat flour
2 eggs
1 tbsp sugar (optional)

Calories 62 Carbohydrate 9g
Protein 3.3g Fat 1.6g Fiber 1.1 g

Blend the milk and eggs until well mixed, but stopping short of creating foam. Add flour, sugar (if desired) and mix together. The batter should be quite thin. Add more milk as necessary.

Heat a lightly-greased medium skillet or crepe pan over medium heat. The pan is ready when a drop of water dropped in the pan dances on the surface.

For each crepe, use 3 tablespoons of batter. Immediately swirl the pan gently to distribute the batter in a very thin layer. Cook the crepe until the surface appears dry – about one minute.

Stack completed crepes on a plate with wax paper between each crepe to prevent sticking.

To keep for later use, wrap with waxed paper and freeze!

Makes 10 small crepes.

Apple Cheddar Filling

6 oz sharp cheddar, grated
2 green apples, peeled and thinly sliced
2 tablespoon brown sugar
1 teaspoon cinnamon
2 tablespoon butter

Recipe makes enough filling for the 10 small crepes.

Per serving: Calories 116 Carbohydrate 7.3g
Protein 4.3g Fat 8g Fiber 0.6 g

Maple Yogurt and fruit filling

1.5 cups plain low-fat yogurt
4 tbsp maple syrup
3 cups of your favorite fruit cut in small pieces (eg. Blueberries, raspberries, kiwis, bananas, strawberries)

Combine yogurt and maple syrup and blend evenly. When crepes are ready, pour into centre of crepe and then sprinkle fruit on top. Fold crepe and enjoy!
Recipe makes enough filling for the 10 small crepes

Per serving: Calories 62 Carbohydrate 14.4g
Protein 2.1g Fat 0.1g Fiber 0g