

Grilled Fruit Crepes



Recipe Courtesy Chef Bryan Woolley

Crepe Batter:

- 2 cups skim milk
- 5 large eggs
- 1 cup flour
- 6 tablespoons butter, melted (Use vegetable oil for less saturated fat)
- 2 tablespoons sugar
- ¾ teaspoon salt

Combine all ingredients in a blender and blend until smooth. Let stand for 1 hour at room temperature.

1. Heat a medium size non-stick pan on the stove. Spray with vegetable spray
2. Pour about ¼ cup crepe batter into pan and spread around pan.
3. Cook until top is no longer wet. Remove crepe and place onto a plate.
4. Repeat until batter is gone.

Fruit:

- 1 pineapple, peeled and sliced
- 1 mango, peeled and sliced
- 1 apple, peeled and sliced
- 12 large strawberries, hulled and cut in half

1. Using tongs, place fruit onto a hot grill that has been lightly oiled.
2. Grill for about 1 minute on each side, you may need to adjust times past on the thickness of your slices of fruit and the temperature of your grill. (All you need to do is heat the fruit up and mark them slightly with the grill marks)

Final Assembly:

1. Place crepe onto a plate and fill with pieces of grilled fruit.
2. Roll crepe over to cover grilled fruit and top crepe with a small scoop of non-fat whipped topping.
3. Great about ½ tsp of fresh nutmeg or cinnamon on top.
4. Serve and Enjoy! (Makes 12 about servings)

Nutrition Analysis (Made with 3 Tbsp Canola oil and 2 Tbsp Butter)

1 Serving: One fruit-filled crepe

Calories	222
Total Fat	9 g
Saturated Fat	3 g
Cholesterol	96 mg
Sodium	190 mg
Carbohydrate	33 g
Protein	5 g

Diabetic Exchanges

Protein	1
Fat	2
Carbohydrate	2

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