



## Whole Wheat Strawberry Crepes

**Prep: 25 minutes plus chilling**

**Cook: 25 minutes • Serves: 4**

- 4 cups hulled and sliced fresh strawberries
- 6 tablespoons granulated sugar
- 2 large eggs
- 1 cup low fat milk
- 1 tablespoon unsalted butter, melted
- 1 teaspoon vanilla extract
- $\frac{3}{4}$  cup whole wheat flour
- $\frac{1}{4}$  cup all-purpose flour
- $\frac{1}{2}$  teaspoon baking powder
- $\frac{1}{8}$  teaspoon salt
- Vegetable oil
- Chocolate syrup, whipped cream, chopped toasted pecans and sliced strawberries (optional)

**1.** In medium bowl, toss strawberries and 4 tablespoons sugar. In separate medium bowl, whisk together eggs, milk, melted butter and vanilla extract. In small bowl, whisk together flours, baking powder, salt and remaining 2 tablespoons sugar. Whisk flour mixture into egg mixture and whisk until smooth. Cover and refrigerate 15 minutes.

**2.** Whisk batter. Heat 8-inch crepe pan or skillet over medium heat; lightly coat pan with oil. When pan is hot, ladle  $\frac{1}{4}$  cup batter into center of pan and quickly tilt pan to evenly coat bottom of pan with batter; batter should set immediately and form tiny bubbles. Cook  $1\frac{1}{2}$  minutes or until bottom of crepe is lightly browned and top looks dry. Carefully lift 1 edge of crepe with rubber spatula; grab crepe with fingers and flip. Cook 1 minute or until bottom is lightly browned. Remove crepe from pan and place on plate; keep warm. Repeat with oil and remaining batter, stacking crepes off center on plate.

**3.** To serve, place crepes on work surface and spoon a small amount of strawberry mixture along center of crepes; fold over sides to enclose and secure with toothpicks. Top filled crepes with chocolate syrup, whipped cream, pecans and strawberries, if desired.

*Approximate nutritional values per serving (2 crepes per serving):  
383 Calories, 14g Fat (33% of total calories), 4g Saturated Fat (9% of total calories),  
118mg Cholesterol, 197mg Sodium, 56g Carbohydrates, 7g Fiber, 10g Protein*

*Dietary Exchanges:  
4 Starch; 1 Protein; 3 Fat*

### Chef Tips

*Crepes batter may be prepared, and strawberries and sugar may be combined a day in advance and refrigerated. Whisk crepe batter well before cooking.*

*Prepared crepes may be stored in large zip-top plastic bag or wrapped in plastic wrap and refrigerated for up to 3 days. Reheat crepes in microwave oven before final preparation.*