

Fruit and Cream Crepes

Fruit and Cream Crepes



3 complete crepes – 7 FSP

2 complete crepes – 4 FSP

Crepes

- 2/3 cup flour
- 3/4 cup skim milk
- 3 eggs
- 2 Tbsp light butter (melted)
- 1 Tbsp Swerve or other zero calorie sweetener

Fruit Filling

- 2-3 cups assorted berries (chopped)
- 1 1/2 Tbsp cornstarch
- 2 Tbsp Swerve or other zero calorie sweetener
- 2-3 Tbsp water

Cream Filling

- 4 oz fat free cream cheese
- 27 grams light cool whip
- 1 Tbsp Swerve or other zero calorie sweetener

1. In a bowl, mix together all ingredients for crepes. Whisk until smooth. Set aside for 30 minutes.
2. Meanwhile, add chopped fruit to a heavy saucepan. Add in

cornstarch, sweetener and water. Bring to a boil over med-high heat. Mash fruit with a potato masher. Reduce heat to low and let cook until thick and clear, about 6 minutes.

3. To make cream filling, place cream cheese in a microwave safe bowl. Microwave for 20 seconds, until softened. Add cool whip and sweetener. Using a hand mixer with the whisk attachment, beat until thoroughly combined and smooth.
4. To cook crepes, heat an 8-10 inch pan coated with non stick spray over medium heat. Add a scant 1/4 cup of batter to pan and swirl to coat bottom of pan. Cook over med-low heat until edges start to curl and bottom is light golden brown. Flip and cook other side. Set aside and repeat with remaining batter. The crepes cook faster the hotter the pan gets, so be careful
5. To assemble crepes, lay a crepe on a plate. Spread 1 Tbsp of creme filling over half the crepe. Add some of the fruit mixture and spread out. Fold crepe in half and then in fourths. Repeat. Top with some redi whip and a dusting of powdered sugar.