

The Berry Best Crepes

Simple Crepe Recipe

Ingredients:

2 eggs
2 tbsp sugar
1 tsp vanilla extract
1/4 tsp salt
2 cups milk
1 cup all-purpose flour
1 tbsp butter unsalted, melted
Cooking spray for cooking
(omit sugar for savory crepes)

Instructions:

Mix all the ingredients in a mixer or a blender and let sit for 15-30 minutes.

Heat a non stick frying pan over medium-high and spray generously with cooking spray. It is very important that the pan is very hot before adding batter.

Pour about ¼ cup batter or more depending on your pan size into the pan and spread the mixture to cover the entire pan by rotating the pan. Cook for 1-2 minutes until you see the edges of the crepe starting to brown a little bit. Once the crepe is done on one side it will also be able to slide it around and flip it over. Fill with desired fillings and enjoy!

(adapted from <https://www.jocooks.com/bakery/pastries/crepes-clatite/>)

Filling Recipes:

Yogurt Lemon Filling

1 cup plain Greek or regular yogurt
2 Tbsp. honey
zest of 1 lemon
½ tsp. fresh lemon juice
½ tsp. vanilla extract
powdered sugar, to serve, optional

Mix all ingredients (except powdered sugar) together and fill crepes. Sprinkle with powdered sugar.

Adapted from <https://www.littlebroken.com/2017/03/08/blender-crepes-with-greek-yogurt-lemon-filling/>.

Stawberry & Nutella

Strawberries, sliced
~2 tbsp Nutella

Scrambled Eggs with Swiss:

12 large eggs
½ cup milk
¾ tsp onion powder
¼ tsp garlic powder
Salt and ground pepper to taste
5 oz. shredded Swiss cheese
12 strips bacon, turkey bacon, or hame

Combine eggs, milk, and seasonings in blender and blend mixture on low speed for 10 seconds. Heat a large, deep non-stick skillet over medium-heat. Once butter has begun to foam, pour blended egg mixture into pan. Stir eggs frequently with a spatula. Cook eggs several minutes until beginning to set, then add cheese and cook until they've reached desired doneness (note: they will continue to cook slightly once removed so judge accordingly). Remove from heat. Assemble crepes with bacon or ham, eggs, and additional cheese if desired.

Adapted from <https://www.cookingclassy.com/herbed-crepes-with-eggs-swiss-and-ham/>.

Spinach Ricotta Crepes with Sauce

Filling:

1 (10-ounce) package frozen spinach
1 cup lowfat ricotta cheese
¼ teaspoon garlic powder
Salt and black pepper, to taste

Creamy Sauce:

1 tbsp butter
1 tbsp flour
¾ cup milk
¼ cup shredded parmesan cheese
1/8 tsp ground nutmeg

In a medium mixing bowl, fold the spinach, ricotta cheese, garlic powder, salt and black pepper together. Fill each crepe evenly with the spinach mixture in the center and roll. To make the sauce: Heat a small saucepan over medium-low heat and melt the butter. Whisk in the flour and stir for 30 seconds. Slowly whisk in milk and stir for 1-2 minutes. Add cheese.

Bake crepes (covered in sauce) for 10-15 minutes in 350 degree oven.

Adapted from <http://popculture.com/healthy-living/2016/01/10/recipe-savory-spinach-and-ricotta-crepes/>