

Green Crêpes

Adding frozen greens is a great way to incorporate more energizing nutrients into your favorite foods. The batter for this crêpe recipe is blended in a blender, breaking down any veggies bits into barely noticeable pieces! These crêpes can be eaten plain or with a sprinkle of shredded low-fat cheese or smear of low-fat cream cheese. You can even use these as a wrap!

Ingredients:

3 eggs
2 cups non-fat milk
½ cup of frozen spinach, thawed
1 teaspoon dried basil
¼ teaspoon garlic powder
¼ teaspoon onion powder
Pinch of black pepper
1 cup of whole wheat flour
Non-stick cooking spray



Directions:

1. In a large bowl, whisk together eggs, milk, and canola oil. Add spinach, dried basil, garlic powder, onion powder, and black pepper. Mix until well combined.
2. Pour batter into a blender. Add whole wheat flour and blend until smooth.
3. Heat a non-stick, medium- or small-sized frying pan over medium heat. Pan is ready when water droplets sizzle. Spray with non-stick cooking spray.
4. Depending on pan-size, pour about ¼ cup of batter into the pan and immediately swirl the pan around to form an even, thin crêpe. This will take practice!
5. Cook about 1 minute until slightly browned. Gently flip and cook for another 45 seconds until slightly browned.
6. Serve while hot and enjoy!

Yield: ~20 crepes (quantity depends on pan size)

Nutrition Facts:

165 Calories; 4 g Fat (1 g Saturated Fat; 0 g Trans Fat); 192 mg Cholesterol; 292 mg Sodium; 23 g Carbohydrate (3 g Fiber, 5 g Total Sugar, 0 g Added Sugar); 11 g Protein; 22% Daily Value (DV) Vitamin A; 1% DV Vitamin C; 13% DV Calcium; 11% DV Iron; 7% DV Potassium