



Fresh Strawberry & Cottage Cheese Filled Crepes

SERVES 4

Pillar of Nutrition: Be Sugar Smart

Ingredients

Crepes

- 3 **eggs**
- 1 cup **flour**
- 1 cup **milk**
- ½ cup **water (if needed)**
- **Oil** for coating pan

Filling

- 1 cup **cottage cheese**
- 2 **bananas**
- 6-8 **strawberries**, sliced
- 2 **Mint Sprigs**, chopped, optional

- 2 Tablespoons **Chocolate Chips**

Variations to Try

- Try with a variety of fresh berries or other types of seasonal fruits
- Top with slivered almonds instead of or in addition to the chocolate chips
- Make with whole wheat flour

Something to **Chew** On

- Crepes for breakfast, lunch and dinner?
Yes - there are also savory fillings for crepes.
- Cottage cheese is rich in protein
- How can you tell if the batter is mixed correctly?

Directions

Prepare the Batter and the Filling

1. Break the **eggs** into a large mixing bowl and whisk them to combine the yolks and the whites. Mix in the **milk**, then add the **flour** to the bowl. Combine gently, trying not to create air bubbles in the batter.
2. Mash one of the **bananas** in a medium sized bowl with a fork until smooth.
3. Add the **cottage cheese** to the bowl with the **banana** and mix to combine.
4. Slice the other **banana** and the **strawberries**.

Make and Assemble the Crepes

1. Heat the stovetop to medium-high. Lightly coat a pan with **oil**.
2. Add up to ¼ cup of the batter to the pan and swirl to cover the entire bottom of the pan.
3. Cook for 30 seconds, then flip the crepe over and continue to cook for 15 more seconds.
4. Remove from the pan onto a plate or baking sheet. Continue making crepes until all the batter has been used.
5. Spread 2 Tablespoons of the **banana cottage cheese** mixture down the center of each crepe.
6. Top with a couple of **banana** and **strawberry** slices, a sprinkling of the chopped **mint** and 1 teaspoon of **chocolate chips**.
7. Roll or fold the crepe and serve.