

Fresh Fruit Crepes Flambé

Serving Size: 2 Crepes & Topping

Serves: 8

Ingredients for Crepes:

1 cup sifted flour
¼ cup sugar
¼ teaspoon salt
1½ cup egg substitute
1 cup fat free milk
2 tablespoons unsalted margarine, melted
½ teaspoon vanilla extract

Directions:

Combine sifted flour, sugar and salt
In a separate bowl, combine egg substitute and milk.
Add melted margarine and vanilla to the egg/milk mix.
Combine egg mixture with dry ingredients and beat with rotary beater until smooth.
Heat skillet moderately hot.
Pour in just enough batter to cover the bottom.
Cook each crepe over medium heat until light brown on bottom and firm to the touch on top.
Loosen edges with spatula, turn and brown second side.
Leftover batter can be refrigerated and used later.

Ingredients for Crepe Filling:

1 tablespoon unsalted margarine
1 pint strawberries, topped and quartered
3 medium bananas, sliced into ¼ inch slices
¼ cup sugar or 2 tablespoons Splenda
Juice of ½ an orange
½ oz banana liqueur
½ oz brandy
1 cup whipped topping, fat free, sugar free
¼ cup slivered almonds for garnish

Directions:

Melt the margarine in a sauté pan.
In a small bowl, combine the strawberries, bananas and sugar.
Lightly sauté the strawberry banana mix. Add the orange juice and the liqueur. Add the brandy and flambé.
Lay out the crepes. Top with 2 tablespoons of fresh fruit flambé. Roll up the crepes.
Top each serving with 2 tablespoons whipped topping and sprinkle with sliced almonds.

Exchanges per serving:

1 Lean Meat, 1 Starch, 2 Fruits, 1 Fat

Nutrients per serving:

Calories: 297

Calories from fat: 77

Total Fat: 9g

Cholesterol: 1mg

Sodium: 172mg

Total Carbohydrate: 45g

Dietary Fiber: 3g

Protein: 10g