



Egg-White Crepes



| Prep | Cook | Ready In |
|------|------|----------|
| 10 m | 5 m | 15 m |



CVS/pharmacy

CVS
2701 S Telegraph Rd
DEARBORN, MI 48124

Recipe By: Freckles

"Crepes made with whole wheat flour, skim milk, and egg whites. You'd never know they're more health-conscious than your basic crepe from the taste."

Ingredients

| | |
|---------------------------|--|
| 1/2 cup whole wheat flour | 1 tablespoon vegetable oil |
| 2 egg whites | 1/2 cup mixed frozen berries, thawed and drained |
| 1/2 cup skim milk | 1 tablespoon confectioners' sugar for dusting |
| 1 pinch salt | |



Milk
\$2.69 - expires in 4 days

Directions

- 1 Whisk together the wheat flour, egg whites, milk, salt, and oil in a large bowl until smooth.
- 2 Lightly coat a skillet with cooking spray and place over medium heat. Pour 1/4 cup of the batter into the skillet. Tilt the pan in a circular motion to allow the batter to spread to the edges. Cook until the bottom is light brown, about 2 minutes. Flip the crepe and place 2 tablespoons of the mixed berries in the center of the crepe; cook another 2 minutes. Fold the crepe in half and remove with a spatula to a serving plate. Dust with confectioners' sugar and serve.

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