

TRIPLE BERRY LEMON ZEST CREPES



LOW
SODIUM



NO ADDED
SUGAR



These light and healthy crepes are flavor packed with the bright tartness of lemon zest and juicy sweetness of mixed berries. These filling crepes are low sodium, gluten free, and have no added sugar. The berries provide natural antioxidant and anti-inflammatory health benefits to this tasty meal.

Ingredients

- 3 Eggs
- 1 1/4 Cup White Long Grain Fancy Rice Flour
- 1 Cup Milk
- 1 t Freshly Zested Lemon (plus 1/2 t for garnish)
- 2 Cups Frozen Mixed Berries (defrosted)
- 2 TB Melted Butter
- 1 t butter, for the pan

Directions:

1. Whisk all ingredients in a large bowl
2. Heat a non-stick pan and add 1 t butter. Let it melt and cover the bottom of the pan.
3. Using a ladle, pour batter in the center of the pan and tilt the pan from side to side for round shape.
4. Cook for 2-3 minutes (or until golden) on medium high heat. Flip to the other side, cook for an additional minute. Transfer to a plate.
5. Repeat steps 1-4 until batter is gone.
6. Fold each crepe into quarters, stack onto plate as desired.
7. Defrost berries in microwave until slightly warm. Pour berries over crepes.
8. Sprinkle remaining lemon zest onto crepes.
9. Serve immediately.

**SARAH
TAUBER**

Nutrition Facts

Serving size 2 crepes

% Daily Value*

Calories	315	
Total Fat	9.8g	15%
Cholesterol	141mg	47%
Sodium	71mg	3%
Total Carbohydrate	47g	15%
Total Sugars	7g	14%
Added Sugars	0g	0%
Protein	8.6g	17%

* The % Daily Value (DV) tells you how much a nutrient contributes to a daily diet.

