

NATIONAL *food*

Crepes

Makes 6-8 crepes

Ingredients:

| | |
|---------|--|
| ¾ cup | Country Sunrise Baking Flour Mix* |
| ¼ cup | Country Sunrise Imitation Scrambled Eggs and Omelet Mix* |
| 1 tbsp | Sugar |
| 1/8 tsp | Salt |
| 1 tsp | Oil |
| 2 cup | Water |
| | Cooking Spray for frying crepes |



Preparation:

1. In medium bowl mix dry ingredients.
2. Add oil and 1 cup water. Mix with wire whisk until smooth.
3. Add remaining 1 cup water. Batter will be thin. Let rest for 5 min and it will thicken slightly.
4. Heat crepe pan or small frying pan to medium heat. Spray with cooking spray before baking each crepe.
5. Pour batter into pan and cover pan completely by lifting pan and swirling batter around.
6. Bake each crepe a few minutes or until set then flip over using a spatula and cook other side.
7. Stack crepes on large plate.
8. Cover leftovers with plastic wrap and store in fridge. Crepes will stay fresh for about two days.

Nutritional Information

| Serving size | Phenylalanine, mg |
|--------------|-------------------|
| Per Recipe | 44 |
| Per Pancake | 7 |

* PKU Perspectives

**Kraft Foods

TIPS:

- Double recipe for a quick fix meal or snack the next day
- Tastes great cold or reheat in microwave for a few seconds.
- Fill with low protein pastry cream and *Coolwhip***. Sprinkle with powdered sugar for a fancy dessert.
- Brush with melted butter and sprinkle with cinnamon sugar before rolling up.
- Spread a small amount of fruit syrup over the surface and roll up for a simple delicious crepe.
- Make savory crepes by filling with sautéed vegetables and sprinkle with shredded low protein cheese.
- Make breakfast crepes by filling with Country Sunrise Scrambled eggs, adding sautéed green pepper, onions, and chopped tomatoes.