

Crepes

Traffic light Category: **Green**

Number of serves: 8-10

Ingredients

- 1 cup plain flour, sifted
- 2 eggs, lightly beaten
- 1¼ cups reduced fat milk
- 1 tablespoon polyunsaturated margarine, melted or canola oil
- Canola spray

Variations

Sweet - spread cooked crepes with 1 tablespoon of reduced fat vanilla yoghurt, top with sliced banana or strawberries, roll up and serve.

Savoury - sprinkle cooked crepes with 2 tablespoons of reduced fat grated cheese, 1 tablespoon each of diced capsicum, corn and spring onions, roll up and warm in oven for 5 minutes to melt cheese

Method

1. Place flour in a large mixing bowl, make a well in the centre
2. In a separate bowl, use a whisk to mix together the eggs, milk and melted margarine
3. Pour the milk mixture into flour and whisk, gradually incorporating the flour until smooth and well combined. Cover and refrigerate for 30 minutes
4. Heat an 18-20cm crepe pan or small frying pan over a medium heat, lightly spray with canola
5. Pour 1/4 cup (60ml) crepe batter into the pan and swirl to coat the base. Cook for 2 minutes or until golden. Turn over and cook for a further 30 seconds
6. Transfer to a plate and repeat with the remaining batter. Serve rolled or folded with your favourite sweet or savoury options.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	213.5 kJ	773.8 kJ
Protein	2.4 g	8.6 g
Total fat	1.0 g	3.8 g
Saturated fat	0.4 g	1.3 g
Carbohydrate	7.6 g	27.6 g
Sugars	0.5 g	2.0 g
Dietary fibre	0.7 g	2.6 g
Sodium	81.9 mg	296.7 mg



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