



EggWhite Crepes

Jacob · 29/09/2024



Prep Time

15 mins

Difficult

Medium

Servings

2

Description

Crêpes made with whole wheat flour skim milk and egg whites youd never know theyre more healthconscious than your basic crêpe from the taste

Ingredients

- - ½ cup whole wheat flour - ½ cup skim milk - 2 egg whites - 1 tablespoon vegetable oil - 1 pinch salt - ½ cup mixed frozen berries
- thawed and drained - 1 tablespoon confectioners' sugar for dusting

Instructions

1. Whisk flour
2. milk
3. egg whites
4. oil
5. and salt together in a large bowl until smooth. Lightly coat a skillet with cooking spray and place over medium heat. Pour 1/4 cup batter into the skillet and immediately rotate the skillet in a circular motion to spread batter out to edges in a thin layer. Cook until the bottom is light brown
6. about 2 minutes. Flip crêpe; place 2 tablespoons mixed berries in center of crêpe and cook 2 minutes more. Fold crêpe in half; transfer to a serving plate using a spatula. Dust with confectioners' sugar; serve. Repeat with remaining batter
7. berries
8. and confectioners' sugar.