

Crepes with Frozen Berries

- Ingredients:**
- ½ cup all purpose white flour
 - 2 egg whites
 - ½ cup nonfat milk
 - 1 tablespoon canola oil
 - ½ cup mixed frozen berries, thawed and drained
 - 1 tablespoon confectioners' sugar (icing sugar)

Preparation:

1. Whisk together the flour, egg whites, milk, and oil in a large bowl until smooth.
2. Lightly coat a skillet with cooking spray and place over medium heat. Pour ¼ cup batter into 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.
3. Flip the crepe and place 2 tablespoons of the mixed berries in the centre 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.

Portions: 4

Serving Size: 1 crepe with 2 tablespoons berries

Renal & Diabetic Food Choices: 1 starch, 1 low potassium fruit & ½ fat choice

Adapted from www.davita.com/recipes