

LighterLife Management

Week 6 Recipes:

Summer berry crêpes

Perfect for breakfast or dessert, our crêpes are oozing with flavour.

Makes: 4

Nutrition per serving:

96 kcal, 5g protein, 16g carbs, 2g fat, 1g fibre

Ingredients:

- 60g plain flour, sifted
- pinch of salt
- 1 medium egg
- 150ml skimmed milk
- 80g strawberries
- 80g raspberries
- 2 tbsp lemon juice
- Sweetener to taste (optional)

Method:

1. In a basin, whisk together the flour, salt, egg and milk until you have a smooth batter. Set aside to stand for 10 mins.
2. Place a small non-stick frying pan over a medium heat. Pour one-quarter of the batter mixture into the hot pan, tilting it to cover the base evenly. Cook until the crêpe is set and golden underneath, then flip it over and cook the other side. Slide out of the pan and keep warm while you cook the rest of the crêpes in the same way.
3. Serve the crêpes topped with the berries, folded over or rolled up, drizzled with lemon juice and sprinkled with sweetener to taste.

Tips:

- Fill the crêpes with other fruits – blueberries or blackberries work beautifully.