

Strawberry Crepes

These crepes are so delicious. Have them as a treat for breakfast, or you could even have them as a sweet indulgent treat after your main meal with a little bit more syrup! Either way, enjoy and savour the gorgeous flavours.

When you look at a strawberry, the shape is similar to a heart. The nutrients in strawberries have been shown to strengthen the heart and help to reduce heart disease.



Ingredients

Ingredients for crepes

- ½ cup flour (we used spelt flour)
- 1 egg
- ¼ cup almond milk
- ¼ cup water
- ⅛ teaspoon salt
- 1 teaspoon extra virgin olive oil

Ingredients for strawberry filling

1 cup strawberries
1 tablespoon water
4 teaspoons raw honey
¼ teaspoon vanilla bean seeds
½ teaspoon lemon juice
½ teaspoon ground cinnamon (optional)
Fresh strawberries to decorate

Method

Strawberry filling

In a pot over medium heat, add strawberries, water, honey, vanilla bean seeds, and lemon juice. Stir and turn heat down to low-medium.

Allow to simmer until strawberries are soft and the sauce has slightly thickened. Remove from heat.

Add cinnamon if you want.

Crepes

In a large bowl, whisk together the flour and the egg. Gradually add in the milk and water, stirring to combine. Add the salt and 1 teaspoon extra virgin olive oil. Whisk until smooth.

Over a medium-high heat, lightly grease a 20cm pan with extra virgin olive oil. Pour the crepe batter onto the pan, using approximately ¼ cup for each crepe. Swirl the pan so the batter coats the surface evenly.

Cook the crepe for about 2 minutes, until the bottom is golden brown. Turn the crepe over and cook the other side until golden brown.

Assembly

Place a crepe onto a serving plate. Add strawberry filling and wrap the crepes around the filling.

Top with yummy fresh strawberries.


**This delicious treat is in our eBook, *Time To Get Healthy*.
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By Paul Scicluna
Certified Personal Trainer, Nutrition Specialist & No.1 International Best-Selling Author

Foreword by Dr. Jodie-Ann Senior, M.M.B.S., F.R.A.C.P. (Mon)
Internationally Respected Cardiologist, Heart Failure & Heart Transplant Specialist

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