# **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
½ teaspoon salt
1 teaspoon extra virgin olive oil

## Ingredients for strawberry filling

cup strawberries
 tablespoon water
 teaspoons raw honey
 teaspoon vanilla bean seeds
 teaspoon lemon juice
 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.

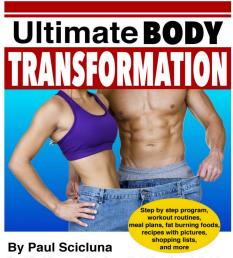
Top with yummy fresh strawberries.

This delicious treat is in our eBook, *Time To Get Healthy.* Get more healthy recipes and discover health secrets...

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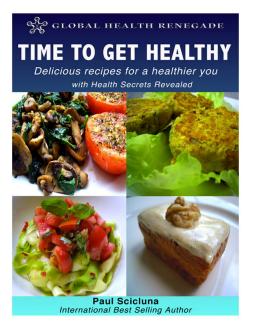
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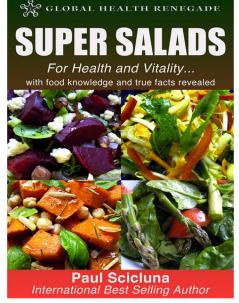
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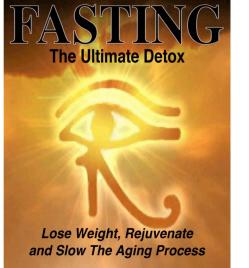


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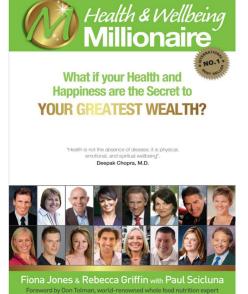
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