



## Low Sugar Strawberry Crepes

### What You Need For The Crepes

2 Large eggs  
3/4 Cup lactose free milk ( I use lactaid)  
1/4 Cup water  
1 Cup all-purpose flour  
3 Tbsp. margarine ( I use lactose free)  
2 tsp. Sugar substitute  
Microwave safe dish  
Blender  
Nonstick cooking spray  
Nonstick skillet

Large platter

What You Need for the Strawberry filling

3 Cups fresh strawberries (or frozen) stems removed and chopped

1 Cup water

1/2 Cup sugar substitute ( I use Splenda)

2 Rounded Tbsp. corn starch

Saucepan

Small bowl

Whisk

**Before You Start**-this recipe requires one hour of refrigeration prior to cooking. Prepare a clean surface (I use a cutting board or a large platter) to place the crepes on after they have cooked.

**Let's Make It!** Melt the margarine (or butter) in a paper towel covered microwave safe dish (for about 20 seconds) if not completely melted, heat for 5-10 more seconds. Place all of the ingredients into the blender (including the melted margarine). Pulse about 10 times to combine. Place the blender filled with crepe batter into the refrigerator for 1 hour\*. 20 minutes before you remove the crepe batter from the fridge make the strawberry filling.

**Before You Start**– In a small bowl stir together corn starch and 4 Tbsp. of water, mix well to dissolve and set aside.

**Let's Make It!** In a saucepan combine 2 ½ cups of strawberries, 1/2 cup of water and sugar substitute, stir to combine. Heat over medium-high heat until you achieve a low boil (about 3-4 minutes). Allow the strawberries to break apart and continue cooking and stirring occasionally until completely softened. Add prepared corn starch and stir to combine. Bring back to a boil, stir gently and reduce heat to low and simmer 3-5 minutes, or until strawberry filling reaches a consistency similar to syrup. Note- you may need to add water, just a little bit, (about a tablespoon) if the strawberry filling gets too thick. Remove from heat. Add the remaining chopped strawberries and stir gently. Set aside

Now let's make the crepes and fill them with the strawberry filling.

Prepare your skillet by spraying with nonstick cooking spray, heat over medium heat and spoon in 2 Tbsp. of the crepe batter. Begin to very gently swirl the batter allowing the batter to move around the bottom center of the skillet. Keep crepe batter moving until cooked (about 15 seconds) gently flip the crepe over and cook the other side for about 15 seconds. Remove and place on your prepared clean surface or platter. Repeat until all of your crepes are made.

When the crepes have all been cooked, spoon two tablespoons of the strawberry filling across the center towards one end of the crepe and roll. Place or stack on plate or serving platter and spoon remaining strawberry filling over the top. Serve with powdered sugar if you are not on a restricted diet.

Makes about 6-8

**\*Katies Tid Bits\*** placing the batter in the refrigerator allows the bubbles to subside providing a less likely chance of tearing during cooking.

If you are not on a restricted diet, replace lactose free milk with half milk and ½ buttermilk, replace Splenda with equal parts sugar, replace lactose free margarine with creamy butter. And increase water by 1 tablespoon.

©BobsKatie Enterprises dba Katherines Corner