

Healthy Banana Berry Crepes

Ingredients:

- 2 large eggs, raw
- 2 teaspoons ground cinnamon
- 2 bananas, divided
- 2/3 cup rolled oats
- 1/2 cup almond milk
- Sprinkle of stevia
- 8 large strawberries, halved

Directions:

1. Mix your dry ingredients together oats and cinnamon, and blend into a fine powder in a blender.
2. Add 1 ripe banana, 1 egg or two egg whites, and almond milk. Blend.
3. Take your batter and pour into a pan on low-medium heat. Just a thin layer.
4. After you see bubbles form on top, flip it!
5. Now, fill your crepes with fresh fruits. Roll it up.
6. Optional, add nonfat plain Greek yogurt and a honey drizzle.
7. Sprinkle with stevia.

Nutrition Facts	
Serving Size (118g)	
Servings Per Container	
Amount Per Serving	
Calories 90	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 3g	
Vitamin A 2%	• Vitamin C 35%
Calcium 4%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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