

# Cooking Corner

Tips To Help You

## The Healthy Crepe Craze

(NAPSA)—“Crepe” is a French word for a pancake, made by cooking a thin batter in a frying pan or special crepe pan.

Crepes can be served at breakfast, as an appetizer or snack, as an entree or delectable dessert. The batter can be sweetened or unsweetened while fillings and toppings are limited only by your imagination.

Many nationalities have variations on crepes, including the Italian cannelloni, Jewish blintz, Mexican taco, Chinese egg roll, Russian blini, Scandinavian stuffed pancakes and Hungarian palacsinta.

For a delicious and healthy version, try Sweet Potato Crepes with Berry Filling. According to the Center for Science in the Public Interest, sweet potatoes are the most nutritious and heart-healthy vegetable. Fat-free, cholesterol-free, low in sodium and high in fiber, they are also rich in vitamins A, C and E. Paired with berries, these crepes make a satisfying meal. For more healthy recipes, visit [www.brucefoods.com](http://www.brucefoods.com).

### Sweet Potato Crepes with Berry Filling

- 2 cups of frozen blueberries, blackberries and raspberries, thawed
- ½ cup of sugar or Splenda

#### For the Crepe Batter:

- 2 medium eggs
- 4½ ounces water
- 3 ounces milk
- 1 6-ounce package of Bruce's Sweet Potato Pancake Mix
- ¼ teaspoon ground cinnamon
- ¼ teaspoon salt
- 1½ tablespoons unsalted butter, melted

Place the berries in a small



These sweet potato crepes with berry filling are delicious and healthy. Sweet potatoes are a nutritious, heart-healthy vegetable.

plastic container and sprinkle with sugar, toss lightly, and set aside and let rest for 15 minutes to let flavors combine.

In a mixing bowl, combine the eggs, water and milk. Whisk until completely mixed. Add the sweet potato pancake mix, cinnamon and salt and whisk until combined. Whisk in the melted butter.

Heat an 8-inch nonstick pan over medium heat. Pour 1½ ounces crepe batter into the pan and quickly rotate the pan so the batter forms a thin layer over the bottom of the pan. Cook the crepe for 1 minute or until it is golden brown. Loosen the edges of the crepe with a spatula, then flip the crepe and cook the other side for about 10 seconds. Remove from the pan and set aside. Repeat until all batter is used.

On a plate, place a small amount of the berries (try to drain them, if possible) in the center of the crepe and roll into a cigar shape. Top with strawberry glaze, chocolate syrup or powdered sugar to your liking.

Makes 6 to 8 crepes.