French Savory and Sweet Crepes

Prep time: 25 min.  Cook time: 5 min.  Yield: 3

Ingredients:
For batter

 ✓ 2/1 cup flour
 ✓ 2/3 cup reduced fat milk
 ✓ 1 egg
 ✓ 1 tablespoon melted butter
 ✓ Pinch of salt

For sweet crepes

 ✓ 1/3 bananas
 ✓ 2-3 strawberries
 ✓ 1 tablespoon roasted almonds
 ✓ Whipped cream as needed
 ✓ 2 tablespoons Nutella Hazelnut Chocolate Spread

For savory crepes

 ✓ 1 oz. sliced ham
 ✓ 1 oz. shredded cheddar cheese
 ✓ Handful pre-washed spinach
 ✓ 1 oz. mushroom
 ✓ Salt and pepper as needed
Procedures:

1. Slice the strawberries and banana, and chop almonds for a sweet crepe. Slice mushroom for a savory crepe.
2. In a medium mixing bowl, mix an egg, 2/3 cup of milk, and 1/3 cup of water. Add 1/2 cup of flour and a pinch of salt then whisk until the mixture becomes smooth. Stir in 1 tablespoon of melted butter, and make sure there are no lumps.
3. Heat a large pan and coat with an oil spray. Pour 1/3 cup of batter into the pan and coat the pan evenly by tilting the pan with a circular motion. Cook for 1 to 2 minutes and flip it with spatula. Cook for another 30 seconds.
4. For a sweet crepe, transfer the crepe to a cutting board. Spread some Nutella on half of one side of the crepe, and arrange the sliced bananas and strawberries on the same side as the Nutella. Fold the crepe in quarters, and garnish with whipped cream and chopped almonds.
5. For a savory crepe, after you flip the crepe, arrange ham, cheese, spinach, and sliced mushrooms on the top half of your crepe. Season with salt and pepper. Let the cheese melt and cook the spinach and mushroom. Fold the crepe in quarters and transfer to the plate.