French Savory and Sweet Crepes

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

Ingredients:

For batter:
- 1 egg
- 1 tablespoon butter, melted
- 2/3 cup reduced fat milk
- Pinch of salt
- 1/3 c. water
- 1/2 cup flour
- oil spray

Savory Toppings:
- 1 slice of ham
- 2 large pinches of cheddar cheese, shredded
- 1 handful of spinach
- 1 mushroom, sliced
- Salt and pepper

Sweet Toppings:
- 2 tablespoons Hazelnut Chocolate Spread
- 1/3 banana, sliced
- 2-3 strawberries, sliced
- whipped cream
- 1 tablespoon almonds, sliced

Procedures:

1. In a mixing bowl, whisk together the egg, butter, milk, and water. Add a pinch of salt. Whisk until smooth. Whisk in the flour until just combined.

2. Heat a large pan on medium low and coat a spray of oil. Pour 1/3 cup of batter into the pan and coat the pan evenly by tilting the pan in a circular motion. Cook for 3-4 minutes, or until the edges have browned slightly and lift from the pan. Flip and cook for another 30 seconds.

3. For a savory crepe:
   - While still on the pan, add cheese first.
   - Then add the rest of the ingredients: ham, spinach, and mushrooms on side of the crepe.
   - Season with salt and pepper.
   - Fold the crepe in quarters, transfer to the plate, and enjoy.

4. For a sweet crepe:
   - Slide the crepe off of the pan onto a plate.
   - Spread the hazelnut spread on one half of the crepe.
   - Arrange the sliced bananas and strawberries on top.
   - Fold the crepe in quarters, and garnish with whipped cream and almonds. Enjoy!