

Jobs offers this recipe for Delectable Dessert Crepes excerpted from her book **Sensational Stevia Desserts:**

Delectable Dessert Crepes

Serving Size: 1 (8") crepe • Total Servings: 6

2/3 cup 1% milk

1/3-cup water

2 large eggs

*3 Tbsp. unsalted butter, melted**

½ tsp. vanilla extract

1/8 tsp. stevia extract (minimum to add, add more based on sweetness preference)

¾ cup unbleached flour

1 tsp. unsalted butter (for each crepe during frying)

Place the ingredients in the order listed in a food processor or blender and blend at the highest speed for about 20 seconds. Remove any excess from sides with a rubber spatula and blend again for about 10 to 20 seconds. Cover with plastic wrap and refrigerate for one hour. This “rest” is vital for the gluten to mix properly in the flour.

Once it’s “rested,” get all of the necessary supplies handy: batter, crepe pan, melted butter, plate, waxed paper, long spatula and ladle.

Melt 1 ½ Tbsp. unsalted butter for use in coating the pan before cooking the first crepe. Keep butter next to crepe pan on counter for convenience.

Heat crepe pan on medium heat and cover the surface with about 1 tsp. or less of butter. Make sure to coat the bottom and up the sides evenly to avoid sticking. Use an extra long “mouthed” spatula if you have one. Remove from heat. Quickly pour and disperse in pan about 1/3 cup batter to help batter form an even thin layer. Be sure to move pan around on its sides to assure even coverage of batter. Cook for 1 ½ to 2 minutes. Turn crepe when edges appear cooked and start to pull away from pan, and bottom is lightly browned. Continue cooking crepe for about 1 minute or until small brown spots appear on the second side. Remove from pan and place crepe onto plate covered with waxed paper. Finish the batch placing the waxed paper between each crepe as you stack.

If serving immediately, fold crepes into quarters or halves and place on a plate. See optional toppings next.

*Replace butter with safflower or canola oil if you wish.

Nutrition Facts/Serving

Calories	147
Carbohydrates	13g
Total Sugars	2g
Fiber	0g
Fat	8g
Cholesterol	88mg
Sodium	38mg
Protein	5g

Options:

1. Topping and filling possibilities for these crepes are virtually endless.
 - Try warm Chocolate Sauce (page 61), Carob Sauce (page 61), Sizzling Cinnamon Apple Slices (page 66), or Strawberry Yogurt (page 78).
 - Try fresh strawberries, blueberries, bananas, or nuts. Use your imagination!
2. To flavor the batter, add about 1 Tbsp. unsweetened carob powder or cocoa powder and increase stevia by one pinch.

Lisa's Note: *If saving for use within 4 days, cover crepes with plastic wrap and refrigerate for 3 to 4 days. If freezing, store in an airtight container for up to one month. I use the large freezer bags and defrost on the counter when I'm ready to use.*

(Excerpted from **Sensational Stevia Desserts** by Lisa Jobs, Healthy Lifestyle Publishing LLC Copyright© 9/05)