



## Fruit And Cream Crepes Recipe

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<b>Preparation Time</b>	<b>10</b>
<b>Cooking Time</b>	<b>95</b>
<b>Serving Size</b>	<b>6</b>

### Ingredients:

#### FOR THE CREPE

- 1 Tbsp margarine, melted
- 1/2 cup flour, all-purpose
- 1/2 cup milk, evaporated
- 1/2 cup water
- 1 pc egg, beaten
- 1/4 tsp salt

#### FOR THE FILLING

- 1 can DEL MONTE Fiesta Fruit Cocktail (432g), drained, reserve syrup
- 1 Tbsp sugar, white
- 1/2 cup all-purpose cream, chilled

### Preparation:

1. Mix all ingredients for crepe until smooth. Cover and refrigerate for 1 hour. Simmer fruit cocktail syrup and sugar for 15 minutes. Set aside.
2. Brush non-stick pan with oil, then heat over medium flame. Pour about 1/4 cup crepe batter into pan. Tilt to cover bottom. Cook for 2 minutes until top is set. Lift edge of crepe, then invert. Cook other side for 1 minute more. Repeat procedure with the remaining batter. Stack each piece in between layers of wax paper to prevent from sticking to each other. Set aside.
3. Combine DEL MONTE Fiesta Fruit Cocktail and all-purpose cream. Spoon about 1/4 cup of fruit mixture across the center of each crepe. Drizzle with fruit cocktail syrup. Fold or roll crepe. Spoon remaining syrup on surface of crepe.

### Chef's Tip

Refrigerating the crepe mixture for at least an hour relaxes the protein in the batter and makes for light crepes.

### Lusog Notes

This Fruit and Cream Crepes recipe is a source of vitamin C that helps in wound healing and keeps gums healthy. Vitamin C is also important for the normal structure and functioning of body tissues.

### Cooking Skills Needed

- Mixing
- Frying

## Cooking Tools

- Measuring Cups
- Measuring Spoon
- Wooden Spatula

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