

1. In a small bowl, combine all-purpose flour, whole wheat flour, sugar, and salt. Mix and set aside.
2. In a medium bowl, combine eggs, milk, vanilla, and spinach. Use an immersion blender (or electric mixer) to puree the spinach and blend the mixture.
3. Add the flour mixture to the egg mixture and beat (using a fork or the immersion blender) until smooth. Stir in the oil.
4. Turn on the griddle and heat to medium high. Using a ¼-cup measure, pour the batter onto the griddle spreading it into a thin layer. Cook for about one minute (until just brown). Flip and cook on the other side (about 45 seconds).
5. While the crepes are cooking, slice strawberries for the filling.
6. Once crepes are made, place a spoonful of strawberries in the middle of each crepe. Roll up and sprinkle lightly with powdered sugar. Enjoy!

DIRECTIONS

- 1/2 cup all-purpose flour
- 1/2 cup whole wheat flour
- 1/2 teaspoon sugar
- Pinch of salt
- 2 eggs
- 1 1/2 cups skim milk
- 1/2 teaspoon vanilla
- 1 cup packed fresh spinach
- 1/2 tablespoon oil
- Strawberries
- Confectioners sugar

INGREDIENTS



VERT Crepes



Spinach & Mushroom Crepes

INGREDIENTS

- 1/2 cup all-purpose flour
- 1/2 cup whole wheat flour
- Salt

- 2 eggs
- 1 1/2 cups skim milk
- 2 teaspoons oil, divided

FILLING INGREDIENTS

- 8-10 cremini or button mushrooms
- 1/2 teaspoon dried thyme
- 1/4 teaspoon black pepper
- 1 cup packed fresh spinach
- 6 oz. Monterrey jack cheese, shredded

DIRECTIONS

1. For the filling, slice the mushrooms. Heat 1 teaspoon of oil in a pan. Add the mushrooms, and cook until soft. Add the thyme, black pepper, 1/4 teaspoon salt, and spinach. Cook until the spinach is wilted, and set aside.
2. In a small bowl, combine all-purpose flour, whole wheat flour and a pinch of salt. Mix and set aside.
3. In a medium bowl, combine eggs and milk. Whisk together (or use a blender) to blend the mixture.
4. Add the flour mixture to the egg mixture and beat (using a fork or blender) until smooth. Stir in 1 teaspoon of oil.
5. Turn on the griddle and heat to medium high. Using a ¼-cup measure, pour the batter onto the griddle spreading it into a thin layer. Cook for about one minute (until just brown). Flip and cook on the other side. Sprinkle with shredded cheese and add a small amount of the mushroom-spinach mixture to the center of the crepe.
6. Once the other side is cooked and cheese is melted, roll up and enjoy!