

FRESH BERRY and ORANGE CREPES

8 crepes, use your favorite recipe or store bought

3 Tablespoons butter

2 cups mixed fresh berries: blueberries, blackberries, raspberries, strawberries

2 oranges, zested and sectioned

1/4 cup sugar



Stack crepes on a plate and cover with foil. Heat in a 300 degree oven for 10 minutes along with 4 serving plates. In a large sauté pan melt butter. Add berries, orange sections, orange zest and sugar. Cover and sauté until the berries are softened and heated through and the sauce thickens, approximately 5 minutes.

To assemble, place crepe on a warm plate. In one corner of a crepe, spoon on 1/4 cup fruit mixture. Fold in 1/2 then again into 1/4. Repeat process serving two per person. Keep prepared crepes warm while assembling.

Serve with vanilla yogurt or whipped cream if desired.

Makes 4 breakfast or dessert servings.

Nutrients per serving:

Calories 361, calories from fat 135, fat 15 gms, saturated fat 8 gms, cholesterol 159 mg, sodium 333 mg, dietary fiber 4 gms, protein 7 gms