



## **Fresh Chilean Berry and Orange Crepes**

### INGREDIENTS

8 crepes, use your favorite recipe or store bought  
3 Tbsp. butter  
2 cups mixed fresh berries: blueberries, blackberries, raspberries, strawberries  
2 oranges, zested and sectioned  
1/4 cup sugar

### INSTRUCTIONS

Stack crepes on a plate and cover with foil. Heat in a 300°F 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.

SERVES 4 (breakfast or dessert servings)

### NUTRIENTS PER SERVING

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

*Recipe from the Chilean Fresh Fruit Association*



[www.ChileanFruitOnline.com](http://www.ChileanFruitOnline.com)