



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