

Pumpkin Crepes

Crepes:
½ c Egg substitute
¾ c Milk, skim
1 T Margarine
Dash Vanilla
¼ c Pumpkin puree
½ c Flour
1 T Sugar
Dash Salt
Cooking spray
Pumpkin Cream:
½ c Powdered sugar
1 c Pumpkin puree
½ t Pumpkin pie spice
½ t Vanilla
2 c Whipped topping, lite

Makes 16 servings

1. In a large bowl, WHISK eggs, milk, margarine, vanilla and pumpkin puree.
2. ADD flour, sugar, and salt. MIX until smooth.
3. HEAT a medium sized skillet sprayed with cooking spray over medium heat.
4. POUR ⅛ c of crepe mixture on the skillet, tilting the pan so the bottom is evenly coated.
5. COOK 1-2 minutes on each side until golden brown.
6. CHILL until ready to serve.
7. In a chilled bowl, MIX all pumpkin cream ingredients together except whipped topping.
8. FOLD in whipped topping, do not over mix
9. TOP each chilled crepe with 3 T of pumpkin cream.
10. May garnish with cinnamon and powdered sugar, if desired.

Nutrition Information: 70 calories, 2 g fat, 0 mg cholesterol, 40 mg sodium, 12 g carbohydrate, 1 g fiber, 2 g protein



Chickasaw Nation Nutrition Services

This material was funded by the USDA's Supplemental Nutrition Assistance Program. This institution is an equal opportunity provider and employer. For more information on the Supplemental Nutrition Assistance Program or the FDP Grocery Stores visit www.getfreshcooking.com.

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