

Strawberry Banana Crepes

*Celebrating Easter Together
Publix Aprons*

Servings: 12

*wax paper
6 tablespoons unsalted butter, melted
1 cup biscuit baking mix
1 cup whole milk
2 tablespoons sugar
4 eggs, beaten
4 tablespoons light brown sugar
butter-flavor cooking spray
16 ounces fresh strawberries, sliced
2 medium bananas, sliced
8 ounces Philadelphia Mixed Berry
whipped cream cheese spread
whipped topping (optional)*

Line a baking sheet with waxed paper. Melt the butter. In a bowl, whisk the baking mix, milk, sugar, two tablespoons of butter and the eggs until smooth.

In a bowl, combine the brown sugar and remaining butter. Set aside.

Preheat a non-stick eight-inch saute' pan on medium-high for 2 to 3 minutes. Reduce the heat to medium. Coat the pan with spray. Add 1/4 cup of batter, rotating the pan to coat the bottom evenly. Cook 1 to 2 minutes or until the edges start to release from the pan and the center is set. Run a rubber spatula around the edge to loosen the crepe. Transfer to a baking sheet. Stack the crepes, placing a wax paper in between. Cover loosely to keep warm. Repeat with the remaining batter.

Slice the strawberries and bananas (two cups each). Place in a microwave-safe bowl. Add the brown sugar mixture over the fruit. Toss to coat. Microwave the fruit mixture on HIGH for 2 to 3 minutes, stirring halfway, or until the fruit is hot and the sugar has dissolved.

Spread one tablespoon of cream cheese onto each crepe. Fold in half, then in half again (to form a triangle). Top with the fruit mixture and whipped topping. Serve.

Start to Finish Time: 1 hour

Per Serving (excluding unknown items): 136 Calories; 8g Fat (53.2% calories from fat); 3g Protein; 13g Carbohydrate; 1g Dietary Fiber; 89mg Cholesterol; 36mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 1 1/2 Fat; 1/2 Other Carbohydrates.

Breakfast

Per Serving Nutritional Analysis

Calories (kcal):	136	Vitamin B6 (mg):	.1mg
% Calories from Fat:	53.2%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	37.6%	Thiamin B1 (mg):	trace
% Calories from Protein:	9.2%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	8g	Folacin (mcg):	19mcg
Saturated Fat (g):	5g	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	89mg	% Refused:	0.0%
Carbohydrate (g):	13g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	3g	Lean Meat:	1/2
Sodium (mg):	36mg	Vegetable:	0
Potassium (mg):	202mg	Fruit:	1/2
Calcium (mg):	43mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	1 1/2
Zinc (mg):	trace	Other Carbohydrates:	1/2
Vitamin C (mg):	22mg		
Vitamin A (i.u.):	349IU		
Vitamin A (r.e.):	87RE		

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 136 **Calories from Fat:** 72

		% Daily Values*
Total Fat	8g	13%
Saturated Fat	5g	23%
Cholesterol	89mg	30%
Sodium	36mg	1%
Total Carbohydrates	13g	4%
Dietary Fiber	1g	5%
Protein	3g	
Vitamin A		7%
Vitamin C		37%
Calcium		4%
Iron		3%

* Percent Daily Values are based on a 2000 calorie diet.