

Crepes with Blueberry Compote Filling

Made in groups of 2

Yield: 6 servings

Crepe Ingredients	Filling Ingredients
60 ml flour	250 ml frozen blueberries
5 ml sugar	15 ml sugar
1 ml cinnamon (optional)	1 ml lemon extract
½ egg	7 ml corn-starch
45 ml milk	10 ml water
30 ml water	
1 ml vanilla extract	
15 ml melted margarine	

Instructions for Crepes:

1. In a medium mixing bowl, combine flour, sugar and cinnamon (optional).
2. In a small mixing bowl, whisk egg until frothy. Then mix in the milk, water, vanilla extract and melted margarine.
3. Gradually add the liquid ingredients to the dry ingredients while stirring with a whisk. Mix until smooth and lump free.
4. Heat a small pan on medium-high heat. Lightly coat with cooking spray.
5. Spoon about 30 ml of the batter into the centre of the pan and swirl to spread evenly. Cook for 1 min, or until golden and flip. Cook for another 15-30 seconds and remove to the baking sheet. Lay them out flat to cool.
6. Continue until all the batter is gone.

Instructions for Blueberry Filling:

1. In a saucepan, heat blueberries, sugar, and lemon extract over low-medium heat for about 10 minutes or until the berries start to release their juices. Stir frequently.
2. Once there is a lot of juice, mix the cornstarch and water together and stir into the blueberry mixture. Bring to a boil on high heat then reduce the heat and simmer for 2-3 minutes until thickened. Set aside to cool.

Assembly:

Place a spoonful of blueberry compote along the crepe and roll. You can lightly dust with powdered sugar.