

Crepes with Pineapple, Passion Fruit, Raspberries and Honey



Preparation time: 35 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Pancake Tuesday, Desserts, Vegetarian



Ingredients

Crepes

- 2 eggs
- 2 egg yolks
- 125g plain flour
- 300ml milk
- ½ tbsp caster sugar
- Oil spray

Topping

- ½ pineapple
- 2 passionfruit
- 1 pint raspberries
- ¼ bunch mint, roughly chopped or torn
- 4 tsp honey
- Low fat yoghurt and a sprinkle of cinnamon, to serve

Method

1. Place eggs, yolks, flour and milk in a bowl. Using a whisk, mix to a smooth batter.
2. Heat a nonstick frypan, spray lightly with oil. Pour in some batter and swirl the pan around to evenly and thinly cover the base, cook until lightly browned before turning. Cook other side until lightly browned, set aside and repeat the process until all of the batter is used.
3. Peel and cut the pineapple into chunks and place into a bowl. Cut passionfruit in half and squeeze over the pineapple, add raspberries, honey and mint.
4. Fold crepes into quarters, place onto a plate and top with fruit mixture.

Notes

Cooking tips:

Rest the crepe mixture in the fridge for 30 minutes before use, giving the gluten a chance to relax ensuring a smooth and delicate crepe.

Serve with:

Low fat yoghurt and a sprinkle of cinnamon.

For a classic take on crepes be sure to check out our [Basic Crepes recipe](#) today!

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre	Vitamin D
219g	1240kJ 296kcal	10.4g	8.2g	2.9g	42g	19.6g	70mg	3.5g	2.5µg

All nutrition values are per serve.