

Fruit Crepe with Coconut Cream

Ingredients:

- | | |
|---------------|--|
| 1 each | Crepe Shell, <i>see recipe</i> |
| 2 Tablespoons | Coconut Cream, <i>see recipe</i> |
| 1 Tablespoon | Cashew Coconut Butter, <i>see recipe</i> |
| ½ ounce | Berry Coulis, <i>see recipe</i> |



Method:

- Fold Crepe Shell and fill with Coconut Cream.
- Garnish with Berry Coulis and Cashew Coconut Butter.

Nutritional Information:

Servings: 1 | Serving size: 1 filled crepe | Calories: 210 | Fat: 15 grams
Sodium: 100 milligrams | Carbohydrates: 18 grams | Protein: 5 grams

Crepe Shell

Ingredients:

1 Tablespoon	Canola oil
2 cups	All purpose gluten free flour
1 ½ teaspoons	Baking powder
2 Tablespoons	Agave Nectar
¼ teaspoon	Salt
6 each	Egg whites
3 ½ cups	Almond Milk
2 teaspoons	Vanilla extract
2 Tablespoons	Coconut oil



Method:

Batter:

- Sift together flour, baking powder, and salt.
- Combine all ingredients, **except coconut oil**, in a blender and process until smooth.
- Chill for 1 hour or longer. Remix batter by hand before using.

To Cook:

- Prepare 15 small sheets of parchment or wax paper to use as dividers between the warm crepes.
- Heat a small non-stick skillet to medium-low.
- Wipe coconut oil on pans using a paper towel.
- Using a 1-ounce ladle, pour batter into hot pan and swirl to distribute across the bottom of the pan.
- Cook gently until crepe can lift at the edges and appears to hold shape
- Flip and cook the other side briefly. Crepes should be pale or very light brown, not golden.
- Let cool and cover tightly with plastic wrap, warm to room temperature before using.

Nutritional Information:

Servings: 20 | Serving size: 1 crepe | Calories: 80 | Fat: 2.5 grams
Sodium: 95 milligrams | Carbohydrates: 11 grams | Protein: 2 grams

Coconut Cream Filling

Ingredients:

½ gallon	Assorted bite-sized fruit
1 can	Coconut milk, full fat, chilled
1 teaspoon	Vanilla



Method:

- Remove solid coconut cream from the can. Throw away the remaining liquid.
- In a stand mixer using the whisk attachment, add the solid coconut cream and vanilla extract.
- Whip on medium-high until light and fluffy or 5-7 minutes.
- Remove from stand mixer and fold fruit into whipped coconut cream.

Nutritional Information:

Servings: 20 | Serving size: 2 Tablespoons | Calories: 130 | Fat: 6 grams
Sodium: 100 milligrams | Carbohydrates: 17 grams | Protein: 3 grams | Fiber: 1 gram

Cashew Coconut Butter

Ingredients:

2 cups	Cashews, raw
$\frac{3}{4}$ cup	Coconut oil, virgin
1 teaspoon	Agave nectar
$\frac{1}{2}$ cup	Water



Method:

- Place all ingredients in the food processor and run until semi-smooth and liquid.
- Place in a pastry bag for service. Store leftover in the refrigerator.

Chef's Note: If the cashew comes salted, wash them.

Nutritional Information:

Servings: 52 | Serving size: 1 Tablespoon ($\frac{1}{2}$ ounce) | Calories: 80
Fat: 7 grams | Carbohydrates: 3 grams | Protein: 2 grams

Berry Coulis

Ingredients:

2 cups
1 each

Raspberries or strawberries
Lemon, juiced



Method:

- Warm raspberries or strawberries in a large small sauté pan, about 4-5 minutes on low heat.
- Add lemon juice.
- Puree until smooth.

Nutritional Information:

Servings: 12 | Serving size: ½ ounce | Calories: 10
Carbohydrates: 3 grams | Fiber: 1 gram