
Chocolate Banana Crepes

Mary Ann Frechette

Nettles Island Cooking in Paradise - 2014

1 cup all-purpose flour
pinch salt
1 egg
1 egg yolk
1 1/2 to 2 cups milk
1 tablespoon butter, melted
1/2 teaspoon vanilla extract
1 jar hazelnut chocolate spread
5 bananas, sliced
whipping cream

Sift the flour with the salt into a bowl. Make a well in the center and add the egg and egg yolk. Pour in the milk, slowly, stirring constantly. When half has been added, stir in the melted butter and vanilla. Beat well until smooth.

Add the remaining milk. Cover and let stand at room temperature for at least 20 minutes before using. The batter should be the consistency of light cream.

Heat a well greased six-inch skillet. Add 1/4 cup of the batter. Tip the skillet from side to side until the batter covers the bottom. Cook until the bottom is golden brown. Turn and remove to a plate. Repeat with the remaining batter.

Spread a thin layer of chocolate hazelnut spread onto a crepe and place banana slices down the center. Roll or fold the crepe.

Just before serving, top with whipped cream.

(As a variation, you can substitute strawberries for the bananas.)

Dessert

Per Serving (excluding unknown items): 1464 Calories; 38g Fat (22.6% calories from fat); 40g Protein; 252g Carbohydrate; 18g Dietary Fiber; 505mg Cholesterol; 382mg Sodium. Exchanges: 6 1/2 Grain(Starch); 1 Lean Meat; 9 Fruit; 1 1/2 Non-Fat Milk; 5 1/2 Fat.