

Zucchini Crêpe

A KitchenInspirations Original Recipe

Makes one large crêpe.

Ingredients:

- 50 g (1/4 cup) zucchini, grated
- 45 mL (6 tbsp or 3 large) egg whites
- 10 g (1 tbsp) whole wheat flour
- salt & pepper, to taste

Directions:

1. Combine the flour, egg whites and salt and mix well.
2. Heat a nonstick pan and spray lightly with nonstick spray.
3. Spread the grated zucchini around in an even layer, predominantly in the centre of the pan and cook for a minute.
4. Pour the egg mixture over the zucchini and spread thinly over the pan as evenly as possible, making a large filled circle. Gently coax the egg mixture into gaps or holes.
5. Cook until side has browned a little, carefully flip crêpe when cooked and repeat for other side.
6. Serve warm filled with your favourite savoury filling.

Notes:

- These are as close to a real crêpe texture as I have gotten using low-calorie ingredients.
- Make them as large or as small as you wish, they have good structure and will hold up for hand held fillings like soft tacos.

