

Sweet & Savoury Fillings for Easy French Crepes

The Daily Basil Blog

2 small or 1 large crepe

Prep Time 8 minutes

Cook Time 3 minutes

Instructions

1 Chop the ingredients. Sauté the mushrooms for 2 minutes then add the spinach and sauté for 1 more minute. Mix the cooked ingredients with the other savoury sauce ingredients, stir, and taste. Adjust the seasoning as desired.

2 For the fruit filling, you can use raw fruit or slightly cook the fruit to soften it. Add a tiny bit of powdered sugar, if desired.

3 Lay the crepe out on a plate and spoon the filling in. Cover most of the crepe. You don't want to make the filling too thick. Lay the smoked salmon on top. Roll the crepe and you are ready for the finishing touches.

4 For the sweet crepe, sprinkle a little powdered sugar and/or maple syrup over the top.

5 For the savoury crepe, sprinkle a little cheese and melt or apply a delicious sauce to the top.

Note: Once the crepes are filled, they should be eaten, as the filling will make the crepes soggy over time. Crepes are best when served warm.

[Watch the video.](#)

Cooking
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Ingredients

Sweet Filling

1/2 cup of any kind of fruit, cooked or raw

I used frozen berry mix

Powdered sugar

Maple syrup

Savoury Filling

2 spinach leaves

1 mushroom

1/2 hard boiled egg

1 ounce goat cheese or any cheese

1 tsp. lemon juice

Salt, pepper, Italian seasoning

1 ounce smoked salmon

Oil for the pan.

Check out the recipes for the sauce, and the crepes.

Get creative and make any filling you want with any ingredients you like.

