

Turkey and Asparagus Crepe

INGREDIENTS

- 16 Cooked Asparagus Spears
- 4 Thin Slices of Turkey
- 4 Tsp. Grated Parmesan Cheese
- 4 Eggs
- 1/2 Cup Milk (non dairy milk or reg. milk)
- 2/3 Cup Flour (might need a bit more depending on the type of milk, can use gluten free flour if needed)
- 4 Tsp. Oil (I prefer coconut oil)

DIRECTIONS

Dice asparagus and turkey into bite sized pieces. Put eggs, milk and flour into a blender. Blend until smooth. Put 1 tsp. of oil in pan over med. heat. Spread oil evenly around pan. Pour 1/4 of batter into pan or just a very thin layer of batter. Cook for about 3 min. and flip.

Immediately put 1/4 of the turkey and asparagus on 1/2 of crepe. When crepe is done cooking fold 1/2 crepe over the half with asparagus and turkey. Sprinkle 1 tsp. of cheese ver crepe and serve.

Servings: 4 Crepes