



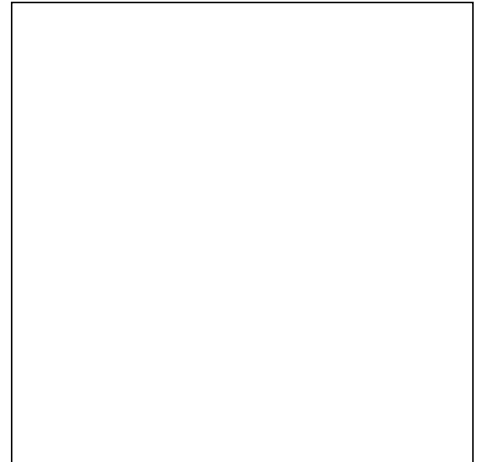
Recipe Name: Whole Wheat Crepe Recipe With Herbed Vegetables

Diet Type: Vegetarian

Course: Lunch

Cuisine: Coorg

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Whole Wheat Flour	4
• 1 pinch Salt	
• 1 teaspoon Italian seasoning	
• 1/4 cup Cheese spread - flavoured	
• 1 Broccoli - cut into florets	
• 1 Onion - thinly sliced	
• 1 Red Bell pepper (Capsicum) - diced	
• Salt - to taste	
• 2 sprig Parsley leaves - roughly chopped	

Preparation

- To begin making the Whole Wheat Crepe Recipe With Herbed Vegetables, first get all the ingredients ready.
- In a small mixing bowl, blend all the ingredients for the crepe along with just enough water to make the crepe batter light and fluffy.
- The batter sho.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	10	35	10	4	5