

## BASIC CREPES

6 inch skillet

$\frac{3}{4}$  cup flour

1 cup skim milk

1 egg, beaten

Pinch salt

Combine ingredients until blended.

Spray skillet with non-stick spray coating. Preheat skillet over medium heat; remove skillet from heat. Pour in 2 tablespoons batter. Lift and tilt skillet to spread batter. Return to heat; brown on one side only. Invert skillet over paper towels to remove crepe. Repeat with remaining batter. Makes 12 tender crepes. Fill as desired on unbrowned side.