

FIXATE RECIPES

MOTHER'S DAY CRÊPE CAKES

Serves: 6 (1 assembled cake each)

Total Time: 45 min.

Prep Time: 44 min.

Cooking Time: 1 min.

FOR CRÊPES:

1¼ cups / 150 g whole wheat flour
1 Tbsp. raw sugar
¼ tsp. sea salt
1½ cups + 2 Tbsp. / 390 ml (or Himalayan salt) unsweetened coconut milk beverage
2 large eggs
2 Tbsp. unsalted butter
(organic grass-fed, if possible), melted
1 Tbsp. fresh lemon juice
1 tsp. pure vanilla extract
1 tsp. finely grated lemon peel
(lemon zest)

FOR TOPPINGS:

3¾ cups / 930 g part-skim ricotta cheese
¼ cup / 30 g powdered sugar
1 tsp. pure vanilla extract
6 cups / 1 kg strawberries, hulled, sliced
2 Tbsp. pure maple syrup
6 sprigs fresh mint (for garnish)

SPECIAL EQUIPMENT: Nonstick cooking spray

1. To make crêpes, add flour, sugar, and salt to a large mixing bowl; stir to combine. Set aside.
2. Add coconut milk, eggs, butter, lemon juice, and extract to a separate medium mixing bowl; whisk to combine.
3. Add wet mixture to dry mixture; stir to form a thin batter. Press batter through a mesh strainer to remove any lumps; add lemon peel. Stir to combine; set aside.
4. Cover a plate with a clean kitchen towel; place next to stove. Lightly coat an 8-inch (20-cm) nonstick skillet with spray; wipe out excess spray with a paper towel.
5. Heat prepared skillet over medium-low until hot; lift from heat. Add approximately 3 Tbsp. batter, swirling skillet constantly to coat bottom with a very thin layer of batter.
6. Return skillet to heat; cook for approximately 30 seconds, or until crêpe has set. Using a rubber spatula, flip; cook for an additional 30 seconds. Transfer crêpe to prepared plate; wrap ends of towel over crêpe to keep from drying out. Repeat with remaining batter to make 12 crêpes; set aside.
7. To make toppings, add ricotta, powdered sugar, and extract to a medium mixing bowl; stir to combine.
8. To assemble cakes, place 1 crêpe each on 6 serving plates; spread ¼ cup + 1 Tbsp. (75 g) ricotta mixture in an even layer over each crêpe. Top each with ½ cup (80 g) strawberries; lay 1 crêpe each on top. Spread another ¼ cup + 1 Tbsp. (75 g) ricotta mixture on each crêpe; top with another ½ cup (80 g) sliced strawberries. Drizzle 1 tsp. maple syrup each over top of strawberries; garnish each cake with a mint sprig.

Nutritional Information (per serving):

Calories:	407	Cholesterol:	119 mg	Fiber:	6 g
Total Fat:	14 g	Sodium:	272 mg	Sugars:	27 g
Saturated Fat:	8 g	Carbohydrates:	51 g	Protein:	19 g

Container Equivalents (per serving)

THE ULTIMATE PORTION FIX 1 1 1½ 1½