

Foodnity Recipes

Mango Crepe Roll Recipe

Thin mango-filled crepes rolled into a fresh, sweet treat for any occasion.

20 min Prep time	**15 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**French-Asian Fusion** Cuisine

Ingredients

Crepe Batter

- [ ] 1 cup all-purpose flour
- [ ] 1 1/2 cups milk
- [ ] 2 large eggs
- [ ] 2 tbsp melted butter
- [ ] 1 tbsp sugar
- [ ] Pinch of salt

Filling

- [ ] 2 ripe mangoes, thinly sliced
- [ ] 1 cup heavy cream
- [ ] 2 tbsp powdered sugar
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp lemon juice

Instructions

1. In a bowl whisk flour, sugar, and salt; slowly add milk, eggs, and melted butter until the batter is smooth and rests 15 minutes.
2. Heat a non-stick skillet over medium heat, lightly grease with butter, pour a thin layer of batter, swirl to cover the surface, and cook 1-2 minutes until set.
3. While the crepes cool, whip the heavy cream with powdered sugar, vanilla, and lemon juice until soft peaks form.
4. Spread a thin layer of whipped cream on each crepe, line with mango slices, and roll gently; dust with powdered sugar before serving.
5. Arrange rolls on a platter, drizzle a little honey if desired, and enjoy while the flavors are fresh.

Nutrition per serving

310 kcal	8 g	38 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the batter seems too thick, add a splash of milk; if too thin, sprinkle a bit more flour.
- Keep the skillet at a steady medium heat to avoid browning the crepes too quickly.
- For extra fragrance, rub the finished rolls with a citrus zest rub.