

PUDDINGS



Turtle Crepes



BAY VALLEY
F O O D S

Turtle Crepes

12 Servings (2 Crepes Per Serving)

INGREDIENTS:

AMTS:

PROCEDURE:

Prepared crepes

24 (6-inch)

Spoon 1/4 cup (approx. 2 oz.) pudding on lower third of crepe. Bring upper third over filling; fold sides toward center. Repeat with remaining crepes and pudding.

Bay Valley Foods® or Thank You® Brand Vanilla Pudding

5 1/4 cups

Fudge sauce, warmed

3 oz.

To serve, plate 2 crepes. Drizzle with 1/4 oz. warm fudge sauce and 1/4 oz. warm caramel sauce. Top with 1/2 oz. whipped cream and 1/4 oz. pecans. Repeat with remaining crepes, pudding, sauces, and pecans.

Caramel sauce, warmed

3 oz.

Sweetened whipped cream

6 oz.

Pecan halves, toasted

3 oz.

NUTRITION (Per serving)

320 calories

5 g protein

43 g carbohydrate

< 1 g fiber

16 g fat

4.5 g saturated fat

30 mg cholesterol

290 mg sodium

CHEF'S TIPS:

- *Chocolate or chocolate fudge pudding may be substituted for vanilla pudding.*
- *Sliced strawberries may be substituted for pecan halves. Eliminate caramel sauce.*



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