



## Chicken Cranberry Crepes with Cranberry Apple Chutney

**ingredients** | 2 person (4 person)

*Put away the chopping block. All your freeze dried ingredients are ready for cooking!*

### grab from your box

#### Crepe Batter Blend\*

**Garlic** | ½ tsp. (1)

#### Chicken with Wild Rice

Chopped Chicken | ½ cup (1)

Wild Rice | 2 Tbsp. (¼ cup)

#### Veggie Mix

Sweet Potatoes | 2 Tbsp. (¼ cup)

Celery | 1 Tbsp. (2)

Chopped Onions | 1 Tbsp. (2)

**Sweetened Cranberries** | 2 Tbsp. (¼ cup)

#### Seasoning Blend

Chicken Bouillon | ½ tsp. (¾)

Chef's Choice Seasoning | ½ tsp. (¼)

Italian Seasoning | 1 tsp. (2)

#### Sauce Blend with Cheese

Béchamel | 2 ½ Tbsp. (⅓ cup)

Sour Cream Powder | 1 tsp. (2)

Mozzarella Cheese | 1 Tbsp. (2)

#### Chutney Blend

Granny Smith Apples | ⅓ cup (¾)

Sweetened Cranberries | ⅓ cup (¾)

**Apple Cider Vinegar** | 1 Tbsp. (2)

**Chives** | ½ tsp. (1)

### grab from your pantry

**Butter** | 1 Tbsp. (2)

**Butter (optional)** | ½ Tbsp. (1)

**Brown Sugar** | 2 Tbsp. (¼ cup)

**Cinnamon** | ⅛ tsp. (¼)

**Salt** | Just a Dash (⅛ tsp.)

**Butter or Oil** | ½ Tbsp. (½)

\*Making this a second time from scratch? Use any crepe batter of your choice!

**40  
minutes**

#### allergens:

Dairy, Egg, Wheat  
Pantry items not included

AS PREPARED

**360 CALS / FATS 12G / PROTEIN 17G / SODIUM 600MG**

THRIVE  
LIFE

**kitchen gadgets:** Medium bowl, medium Teflon pan, 2 medium sauce pans, 9×13 pan



**1** *Cooking for 4:* Measurements for a four (4) person meal are in parentheses.

To make the crepes, mix **crepe batter blend** with  $\frac{3}{4}$  cup plus 2 Tbsp. (1  $\frac{3}{4}$  cup plus 1 Tbsp.) of **water** in a bowl until smooth. Allow to rest for 5 minutes. Add water if the batter gets too thick (batter should coat the spoon but run off easily).



**3** While the chutney blend is simmering, measure out 1  $\frac{1}{2}$  (2  $\frac{1}{2}$ ) cups of **water** for the filling. In a medium sauce pan, add  $\frac{1}{2}$  Tbsp. of **butter or oil** of your choice and sauté the **garlic** on medium heat until aromatic (10–30 seconds). Add the water and **chicken wild rice**, and bring to a simmer. Simmer 5–6 minutes.



**5** Heat the teflon pan to medium heat. Spray the pan or add a small amount of oil or butter, then pour about  $\frac{1}{3}$  cup batter into the pan and swirl to coat the bottom (crepe batter should run to coat the pan). Flip or turn with a rubber spatula. Set aside and let cool slightly.



**2** To make the chutney, crush **chutney blend** in a blender or bag. Add to a small sauce pan along with the  $\frac{1}{2}$  (1) bottle **apple cider vinegar**, 2 Tbsp. ( $\frac{1}{4}$  cup) **brown sugar**,  $\frac{1}{8}$  ( $\frac{1}{4}$ ) tsp. **cinnamon**, a dash of ( $\frac{1}{8}$  tsp) **salt**, and  $\frac{1}{2}$  (1) cup **water** and bring to a simmer. Simmer 6–7 minutes or until thick. Finish with 1 (2) Tbsp. **butter** and **chives** and set aside for later.



**4** Add the **veggie mix**, **cranberries**, and **seasoning blend** to the filling mixture and simmer for an additional 3 minutes. Add the **sauce blend with cheese** and simmer for an additional minute. For a creamy finish, swirl in  $\frac{1}{2}$  (1) Tbsp. of **butter** to finish.



**6** Put about  $\frac{1}{3}$  cup of the filling into each crepe. For a crispy finish, preheat the oven to 400 degrees, place the crepes in a 9×13 pan, and bake for 8–10 minutes. Top the crepes with chutney and enjoy!



### Wasn't that simple?

Choose from a variety of Thrive Life ingredients to whip up your own family classics faster.





# Nutrition Facts

3.5 servings per container

**Serving size** 1 large crepe (77g)

Amount per serving

**Calories** 300

**% Daily Value\***

**Total Fat** 8g **10%**

Saturated Fat 3g **15%**

*Trans Fat* 0g

**Cholesterol** 140mg **47%**

**Sodium** 550mg **24%**

**Total Carbohydrate** 41g **15%**

Dietary Fiber 2g **7%**

Total Sugars 15g

Includes 7g Added Sugars **14%**

**Protein** 17g

Vitamin D 2mcg 10%

Calcium 141mg 10%

Iron 1mg 6%

Potassium 407mg 8%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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7 servings per container

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**INGREDIENTS:** CREPE BATTER MIX (ENRICHED WHEAT FLOUR [NIAICIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, ENZYMES], THRIVE SCRAMBLED EGG MIX DRIED EGG PRODUCT [WHOLE EGGS, YOLK, DRIED EGG WHITES], CANE SUGAR, NONFAT DRIED MILK, VANILLA POWDER, BUTTER POWDER [BUTTER (SWEET CREAM, SALT, ANNATTO COLOR), NONFAT MILK SOLIDS, SODIUM CASEINATE AND DISODIUM PHOSPHATE], SHORTENING POWDER [SOYBEAN OIL, MALTODEXTRIN, SODIUM CASEINATE, MONO AND DIGLYCERIDES, AND DISODIUM PHOSPHATE], IODIZED SALT), FREEZE DRIED CHOPPED CHICKEN COOKED WHITE MEAT\*, THRIVE BÉCHAMEL SAUCE POWDER (NONFAT MILK, MILK FAT, WHEY, FOOD STARCH-MODIFIED, SALT, SWEET CREAM, ONION POWDER, NONFAT MILK SOLIDS, GARLIC POWDER, SPICES, SODIUM CASEINATE, SODIUM PHOSPHATE, SILICON DIOXIDE (ANTICAKING AGENT), VITAMIN A PALMITATE, VITAMIN D3, ANNATTO COLOR), APPLE CIDER VINEGAR, PRECOOKED WILD RICE, SWEETENED CRANBERRIES\* (CRANBERRIES, SUGAR), GRANNY SMITH APPLES\* (APPLES, ASCORBIC ACID, AND CITRIC ACID FOR COLOR RETENTION), MOZZARELLA CHEESE\* (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES), SWEET POTATO\*, CHOPPED ONION\*, SOUR CREAM POWDER (SOUR CREAM POWDER [CREAM, CULTURES, & LACTIC ACID], CULTURED NONFAT MILK SOLIDS, AND CITRIC ACID), DEHYDRATED MINCED GARLIC, CHICKEN BOUILLON POWDER (SALT, MALTODEXTRIN, NATURAL FLAVOR, YEAST EXTRACT, ONION AND GARLIC POWDER, DEHYDRATED CELERY AND CARROT POWDER, TURMERIC EXTRACT, SPICE), ALL PURPOSE SEASONING POWDER (SALT, SPICES, ONION, GARLIC, CHILI PEPPER, DEXTROSE, CITRIC ACID, SUGAR, NATURAL FLAVOR), CELERY\*, SPICES\*, CHIVES\*.

\*FREEZE DRIED

**CONTAINS: WHEAT, MILK, SOY, EGG.**