

FRUIT AND YOGURT CREPES

Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 6 (Serving = 1 crepe)

Nutrition (per serving)

Calories: 121

Total Fat: 4 g

Saturated Fat: 0.5 g

Sodium: 109 mg

Total Carbohydrate: 14 g

Dietary Fiber: 2 g

Protein: 8 g



Ingredients

Crepes:

- 1 Tablespoon canola oil
- $\frac{3}{4}$ cup skim milk
- $\frac{1}{8}$ teaspoon vanilla extract
- 2 egg whites

Fruit and yogurt filling:

- $\frac{1}{4}$ cup sliced strawberries
- $\frac{1}{4}$ cup blueberries
- $\frac{1}{4}$ cup sliced fresh pineapple chunks

- 1 egg
- $\frac{1}{2}$ cup whole wheat flour
- 2 Tablespoon Splenda®
- $\frac{1}{8}$ teaspoon salt

- 1 cup non-fat vanilla Greek yogurt
- Fat-free whipped topping (optional)



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Directions

Crepes:

1. Whisk together oil, milk, vanilla extract, and eggs.
2. Add flour, Splenda® and salt. Whisk until combined.
3. Spray a 6-8" skillet with canola oil and heat over medium heat.
4. Pour $\frac{1}{4}$ cup batter into skillet and rotate until batter covers bottom of skillet. Cook for 30 seconds on one side until batter appears dry. Loosen edges with spatula and flip onto other side for 15-20 seconds.

Fruit and yogurt filling:

1. In a large bowl, toss together all of the fruit and add Greek yogurt. Fold fruit into yogurt with a spoon or spatula.
2. Lay crepe flat on plate and spread 2 Tbsp of fruit and yogurt filling in the center.
3. Roll up crepe and top with 3 dollops of whipped topping and a few pieces of sliced fruit.



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