

## Banana and Yogurt Crepes

Makes 4 servings, Prep Time 15 minutes, Cook time 15 minutes  
(Serving size: 2 crepes, plus about 1/3 cup yogurt sauce)

### Ingredients:

1  $\frac{3}{4}$  cups of 1% low-fat milk  
 $\frac{3}{4}$  cup all-purpose flour  
1 egg  
1 egg white  
2 tablespoons honey or maple syrup, divided

### Non-stick cooking spray

1 (8-ounce) carton low-fat banana or vanilla yogurt  
1 banana, diced  
 $\frac{1}{2}$  teaspoon vanilla extract

### Optional

Fresh mint springs  
Powdered sugar

Whisk together milk, flour, egg, and egg whites and one (1) tablespoon of honey in a medium bowl. Allow batter to rest 5 minutes. Heat a 10 inch skillet over medium heat and spray with cooking spray. Pour  $\frac{1}{4}$  cup batter into skillet; quickly tilt and swirl batter to coat bottom of skillet. When crepe is lightly browned at edges, use a thin spatula to loosen and turn over. Cook turned crepe about 20 seconds or until lightly browned; slide onto plate to cool. Continue making crepes with remaining batter. To prevent sticking, place a piece of wax paper between each crepe.

Puree yogurt, vanilla and remaining honey in a blender or food processor until smooth. Divide diced banana and yogurt sauce evenly among crepes; roll up. Garnish with mint springs and powdered sugar, if desired.

### Nutritional Facts per serving:

Calories	270
Total Fat	3.5gms
Saturated Fat	1.5 gms
Cholesterol	60 mg
Sodium	125 mg
Calcium	25% Daily Value
Protein	12 gms
Carbohydrates	48 gms
Dietary Fiber	2 gms