

Hearty & Healthy Yogurt Crepes



Ingredients

- ¼ cup whole wheat flour
- ¼ cup all-purpose flour
- 2 egg whites
- Olive oil
- 2 Tbsp. honey
- ¾ cup fat-free milk
- 1 cup plain fat-free yogurt
- 1 Tbsp. Muscato dessert wine
- 2 cups strawberries, sliced (can also include or substitute peaches, bananas or blueberries)
- Powdered sugar (optional)

Directions:

1. In a medium bowl, mix the flour, egg whites, milk and a Tbsp of olive oil. Place in the refrigerator, covered, for 20-30 minutes.
2. In a separate bowl, combine the yogurt, honey and wine. Set aside.
3. Lightly coat the crepe pan with olive oil. Using a small ladle, pour batter evenly onto the pan. Cook the crepe on medium heat, allow it to cook on each side for a few minutes (times may vary depending on stove top).
4. Once all crepes have been made, fold into quarters. Pour yogurt mixture over the crepes. Top with fruit. Add powdered sugar, if desired.

*Yield 5 servings, serving size: 1 crepe. Calories: 153.
Fat: 14.2 g. Cholesterol: 1 mg. Sodium 72 g. Carbohydrates: 26 g.
Fiber: 2.4 g. Sugar: 15 g. Protein: 7 g.*

**These facts may vary based on size, amount, and brand use. This information is only a guide.*