

**Low Fat Fruit Crepes** 6 (Single Crepe) Servings; 18 (1/3 Crepe) Sample Servings

1Cup All-Purpose Flour ½ Teaspoon Salt
2 Eggs, lightly beaten
1 Teaspoon Vanilla
1 1/3 Cup Non Fat Milk
1 Cup All Fruit Preserves
Non Stick Cooking Spray

## Directions:

- 1) Gently spoon flour into measuring cup and level with the back of a knife. Put flour and salt in a medium bowl and stir with a hand whisk.
- 2) Make a well in the center of the flour mixture and add beaten eggs. Whisk eggs and flour while pouring milk into bowl, stirring well to combine. The batter should be free of lumps. Let stand for 5 minutes.
- 3) Spray an 8-inch nonstick skillet with nonstick cooking spray. Heat the skillet on medium high. (You can use the Electric skillet) Add a 1/4 cup of batter to hot skillet and swirl around the pan to cover as much of the bottom of the skillet as possible.
- 4) As the edges cook, use a spatula to lift the edges of the crêpe. After about 1 minute, flip the crêpe over and cook for a further 30 seconds. Transfer to a plate and start over until the batter is done. This should yield about 6 crêpes.
- 5) Roll each crepe into a tube.
- 6) In a microwave safe bowl spoon in the all fruit preserves, cover and heat for 40 seconds in the microwave. Stir and see if the preserves are melted. If not heat again for 30 more seconds.
- 7) Spoon the melted preserves over each rolled crepe and enjoy.

You can spread cream cheese inside each crepe if so desired.

Nutritional Information: Calories 68; carbohydrates 13g; protein 2g; fat 0g; saturated fat 0g; trans fat 0g; cholesterol 21mg; fiber 0g; sodium 72mg; calcium 24mg; iron 0mg; folate 14mcg; percent calories from fat 0 %.