

# Strawberry Crepes



## *Crepes*

3 large eggs  
2/3 cup nonfat milk  
2 Tablespoons canola oil  
1/4 teaspoon salt  
1/3 cup whole wheat flour

## *Strawberry Filling*

6 large strawberries, stemmed  
1 cup low-fat vanilla Greek yogurt

## *Strawberry Topping*

1 cup strawberries, stemmed and chopped  
1 Tablespoon sugar  
1 Tablespoon lemon juice  
1/2 teaspoon lemon zest

Instructions: Blend eggs, milk, oil, and salt together in blender. Slowly add flour and blend until smooth, about 30 seconds. Place in the refrigerator and let stand one hour. Heat a medium non-stick skillet over medium-high heat. Spray skillet with cooking spray and pour 1/4 cup batter into pan. Immediately tilt pan to coat entire bottom with thin layer of batter. Cook about 1 minute or until the edges are golden brown. Flip crepe and cook other side about 30 seconds. Transfer cooked crepe to a plate to cool. Repeat until all batter is used up.

In a small bowl, prepare filling by crushing strawberries with a potato masher or fork. Mix with yogurt; set aside. In a separate bowl, prepare topping by mixing all ingredients together; set aside. Spread each crepe with a thin layer of filling and roll up. Top with strawberry topping.

Yield: 6 servings

**Nutrition Facts** (per serving): 200 calories, 9 grams fat, 170 milligrams sodium, 23 grams carbohydrate, 3 grams fiber, 10 grams protein