



Back To Fit: Berry Dessert Crepes

Servings: 2

Preparation time: 15 minutes

Ingredients

1/4 cup egg substitute

1/4 cup skim milk

1/3 cup whole-wheat flour

1/2 tsp sugar substitute

6 oz light fat-free raspberry yogurt

3 tbsp vanilla protein powder (whey or soy)

1 cup fresh berries of your choice

Directions

1. In a medium mixing bowl, whisk the egg substitute, milk, flour, and sugar substitute until well blended.
2. Lightly coat a small nonstick skillet with butter-flavored cooking spray and place over medium heat.
3. Pour half of the crepe batter into the heated skillet, then quickly lift and tilt the skillet to spread the batter. Return to heat. When the edges of the crepe are dry, carefully flip it over and cook until lightly browned, about 2 minutes.
4. Place crepe on a small plate and repeat with remaining batter.
5. In a small mixing bowl, combine yogurt and protein powder; mix well. Divide filling into two portions and spoon into crepes. Top each with half of the berries. Fold the crepe over the filling, serve and enjoy!

Tasteful Tip

Crepes can be made ahead of time and stacked (unfilled) placing wax paper between them. Unfilled crepes can be sealed in Ziploc bags and refrigerated for several days or frozen for up to two months. Thaw frozen crepes in the refrigerator or at room temperature. Then carefully peel them apart and fill.

