



Bryan's Fresh Peach Crepes

Recipe courtesy Chef Bryan Woolley

Crepe batter:

2 cups skim milk
2 Tbsp butter (Use canola or vegetable oil for less saturated fat)
1/2 cup peach puree
2 eggs
1 cup flour
Pinch salt
2 tsp Splenda

Mix all ingredients and allow to sit for 30 minutes. When batter is ready, lightly coat a non-stick pan with cooking spray. Over medium heat, spread a thin layer of batter over the bottom of pan. Cook until top layer is no longer shiny.

Filling:

2 cups freshly chopped peaches
2 cups fat free ricotta cheese
1 tsp nutmeg
¼ cup honey
1 pinch cinnamon
Fill crepes with filling, roll up and top with fat free whipped topping or powdered sugar if desired.

Yield: 12 crepes

Nutritional Analysis

Serving Size: 1 crepe with 1-ounce fat-free whipped topping

Calories	206
Fat	7g
Saturated Fat	4g
Monounsaturated Fat	1g
Cholesterol	56mg
Sodium	109mg
Carbohydrates	28g
Fiber	1g
Protein	15g

Diabetic Exchanges:

Starches	2
Fat	1
Carbohydrate	2