

# Peaches & Cream Crepes

## Ingredients

- 3 eggs
  - 1 cup whole wheat flour
  - 1 cup fat-free milk
  - $\frac{3}{4}$  cup water
  - 1 tablespoon honey
  - 1 teaspoon vanilla
  - $\frac{1}{4}$  teaspoon salt
  - 1 tablespoon butter, melted
  - addition butter for cooking
- Topping for each crepe:
- $\frac{1}{2}$  fresh peach, sliced
  - **OR** canned peaches in water
  - $\frac{1}{4}$  cup plain Greek yogurt



## Instructions

1. Put all ingredients, except the peaches and Greek yogurt in a blender and mix well. Let stand for about 15 minutes.
2. Heat an 8 or 10 inch frying pan over medium heat. Melt and swirl around a small pat of butter.
3. Hold the pan in one hand and with the other pour the batter. Twirl the pan quickly in a circular motion as you pour so the batter thinly coats the entire bottom. Don't use too much batter, you want a very thin layer.
4. After about 1 minute, or when the crepe is golden brown on the bottom, carefully flip it over. Cook for 30 seconds or 1 minute more until the other side is brown too.
5. Fill with peaches and greek yogurt and drizzle with a little pure maple syrup.
6. Enjoy!

## Notes

{serving size = 1 crepe - recipe makes 12 servings}

137 calories, 11 g protein, 20 g carbohydrate, 3 g total fat, 1 g saturated fat

\*Actual nutrition info may vary based on exact ingredients used. Find this recipe on MyFitnessPal as FG8 Peaches & Cream Crepes.