



## Crepes with Lemon Cream & Blueberry Sauce

### INGREDIENTS (Yield: 12 Crepes)

#### Crepes

- 2 large eggs
- $\frac{3}{4}$  cup skim milk
- $\frac{1}{2}$  cup water
- $\frac{1}{2}$  cup all-purpose flour
- $\frac{1}{2}$  cup whole wheat flour
- 1 teaspoon vanilla extract
- 3 tablespoons canola oil
- Cooking oil spray

#### Cream Filling

- 8 ounces fat-free cream cheese, softened at room temperature
- $\frac{1}{2}$  cup fat-free half and half
- 1 tablespoon cornstarch
- 1 tablespoon lemon juice
- 1 teaspoon vanilla
- 3 tablespoons stevia

#### Blueberry Sauce

- 2 cups blueberries
- Juice of 1 orange
- $\frac{1}{2}$  tablespoon cornstarch

**NUTRITION INFORMATION:** 135 Calories; 5 grams Fat; <1 grams Saturated Fat; 38 mg Cholesterol; 166 mg Sodium; 16 grams Carbohydrates; 2 grams Fiber; 7 grams Protein; 4 grams sugar

### DIRECTIONS

1. In a blender, combine eggs, skim milk, water, flour, whole wheat flour, vanilla and canola oil, and pulse for 5 to 8 minutes. Place the crepe batter in the refrigerator for at least 1 hour, up to 48 hours.
2. To prepare the filling, combine cream cheese, half and half, cornstarch, lemon juice, vanilla and stevia and blend with a hand mixer until soft peaks form. Place crepe filling in the fridge for about 30 minutes to thicken.
3. Prepare the sauce by adding the blueberries, cornstarch and orange juice to a saucepan, then cover and simmer over medium heat, stirring occasionally until the blueberries cook down into a sauce, about 15 minutes.
4. While the cream is chilling and the sauce is simmering, make the crepes. Heat a large nonstick pan and spray with cooking spray. Pour  $\frac{1}{4}$  cup of batter into the center of the pan and swirl to spread evenly. Cook for 1 minute. Flip the crepe and cook for about 30 seconds. Remove from pan, laying the crepe flat to cool. Place a small sheet of parchment paper in between crepes as you stack them to prevent sticking/tearing.
5. To assemble, lay each crepe out flat and spread about 1 tablespoon of the filling on the crepe. Fold the crepe in half, and then in half again. Top with about 1 tablespoon of blueberry sauce. If desired, sprinkle top with powdered sugar.