



Fresh Fruit Crepes

Fruit Topping Ingredients

- ¼ cup brown sugar
- juice of 1 lime
- 2 cups sliced fresh strawberries
- ½ cup fresh blueberries

Crepe Ingredients

- 1 cup lowfat ricotta cheese
- 2 tablespoons brown sugar
- ¼ teaspoon cinnamon
- 6 (6-inch) flour tortillas
- 2 teaspoons margarine

Preparation

1. Combine brown sugar and lime juice in a small bowl; stir to dissolve sugar. Stir in fruit and set aside.
2. To prepare crepes, combine cheese, brown sugar, and cinnamon in a small bowl. Spoon an even amount of mixture on half of each tortilla; fold over to enclose filling.
3. Melt 1 teaspoon margarine in a large skillet over medium heat. Place 3 of the filled tortillas in the skillet and cook for several minutes on each side until crisp and lightly browned. Repeat with remaining margarine and tortillas.
4. Spoon fruit topping over crepes and serve while hot.

Serve these crepes for brunch or as a light dessert.

Makes 6 servings. 1 crepe per serving.

Prep time: 10 minutes

Cook time: 10 minutes

Nutrition information per serving:

Calories 146, Carbohydrate 25 g, Dietary Fiber 2 g, Protein 7 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 190 mg