BANANA AND YOGURT CREPES

Recipe created on behalf of 3-A-Day of Dairy by Chef Federico Elbl, Palermo Viejo, Louisville, Ky.

Makes 4 servings
Prep time: 15 minutes
Cook time: 15 minutes

Ingredients:

1 3/4	cups lowfat (1%) milk
3/4	cup flour
1	egg
1	egg white
2	tablespoons honey or maple syrup, divided
1	(8 ounce) container lowfat banana or vanilla yogurt
1	banana, diced
1/2	teaspoon vanilla extract
	fresh mint sprigs, optional
	powdered sugar, optional

Whisk together milk, flour, egg, egg whites and 1 tablespoon of honey in a medium bowl. Allow batter to rest 5 minutes at room temperature. Heat a 10-inch non-stick skillet over medium heat and spray with cooking spray. Pour 1/4 cup batter into skillet; quickly tilt and swirl batter to coat bottom of skillet. When crepe is lightly browned at edges, use a thin spatula to loosen and turn over. Cook turned crepe about 20 seconds or until lightly browned; slide onto plate to cool. Continue making crepes with remaining batter. To prevent sticking, place a piece of wax paper between each crepe.

Puree yogurt, vanilla and remaining honey in a blender or food processor until smooth. Add diced banana. Spread each crepe with about 2 1/2 tablespoons of the yogurt mixture. Roll crepes into cylinders. Place 2 crepes on each serving plate and garnish with mint sprigs, if desired.

Yield: 2 crepes plus 5 tablespoons of yogurt mixture, per serving

Nutritional Facts per serving for main dish recipe:

Calories	270
Total Fat	3.5 g
Saturated Fat	1.5 g
Cholesterol	60 mg
Sodium	125 mg
Calcium	25% Daily Value
Protein	12 g
Carbohydrates	48 g
Dietary Fiber	2 g