

Cinnamon Apple Crepes

POINTS® value per serving | 3

Servings | 6

Breakfast |

Ingredients

Crepes

3/4 cup unbleached flour

1/2 tsp table salt

1/2 tsp baking powder

1 whole egg

2 egg whites

1 cup fat-free evaporated milk

1/4 tsp vanilla extract

Filling

1 1/2 cup 1% low-fat cottage cheese

2 Tbsp sugar

1 tsp raw lemon peel

1/4 tsp table salt

1 large apple(s) – peeled, seeded, grated and tightly packed & drained

1/2 tsp ground cinnamon

Instructions

Sift together the flour, salt and baking powder. In a blender or food processor, combine the dry ingredients with the egg, egg whites, evaporated milk and vanilla for about 30 seconds. If necessary, stop once and scrape the sides with a rubber spatula.

Heat a nonstick 8-inch skillet or crepe pan on medium-high heat. Ladle about 1/8 cup of batter into the skillet - use just enough to thinly coat the bottom of the pan. Tilt the pan in all directions to spread the batter evenly. Cook each crepe until the underside is slightly browned and the top looks dry, 1/2 to 1 minute. Lift the edge of the crepe with a spatula, take hold of it with your fingertips of both hands (be careful not to burn yourself), flip it over in one fluid motion, and cook the other side for 15 to 20 seconds, or until just light brown. Remove the crepe to a platter.

Continue making crepes and stacking them on the platter until no batter is left. The cooked crepes won't stick together! If, however, the crepe batter begins to stick to the cooking pan, try using a light coating of cooking spray. Fill and back immediately, or freeze for future use.

Preheat oven to 350 degrees.

In food processor or blender, puree the cottage cheese, sugar, lemon peel, and salt until very smooth. Transfer the puree to a bowl and thoroughly mix in the grated apple and cinnamon.

Place about 3 tablespoons of filling on the lower half of each crepe, roll it up, and lay it, seam side down, on a baking dish prepared with cooking spray. Cover with foil and bake for about 15 minutes, until hot.

<http://www.sponsormyweightloss.com>