



Kefir Cheese Crepes

This yields about (8) medium sized crepes or (4) plate-sized crepes.

½ C. whole wheat flour
½ C. Kefir
1 Tbsp. melted butter
2 eggs

1. Combine all ingredients in bowl and whisk continuously until smooth and lump-free.
2. Into a small pan sprayed with non-stick cooking spray, ladle a small amount of batter. Tilt the pan in a circular motion so batter is evenly distributed. Bake on high heat and flip over when you see the edge turning golden brown.
3. Remove crepe from pan, fold in half and press into muffin tray to form a little cup shape. Bake in hot oven for 10 to 12 minutes until slightly crispy and brown around the edges, the middle should remain spongy and light.

Optional:
Kefir cream cheese
Fresh fruit

Let cool. Serve each crepe with a dollop of your wonderful low fat kefir cream cheese and some fresh fruit! (Can make ahead with the cream cheese, store in fridge, adding fruit just before serving.)

