



Banana Cream Crepes *25 minutes*

Don't be intimidated by this recipe. Once you make it, you'll see how easy (and delicious) it is to make crepes.

Ingredients

1 (1.34-ounce) box sugar-free French vanilla instant pudding

1³/₄ cups fat-free skim milk, divided

1 cup fat-free dessert whipped topping, plus additional for topping

2 tablespoons plus 1 tablespoon powdered sugar

2 small bananas

1/2 cup Heart Smart Bisquick baking mix

2 egg whites

Instructions for entrée:

Crepe filling:

In a medium mixing bowl, whisk together the Sugar-free French vanilla instant pudding mix and 1 cup milk. Whisk until well blended.

Add whipped topping and 2 tablespoons powder sugar to pudding mixture and whisk.

Thinly slice the bananas and add three-fourths of the sliced bananas to the pudding mixture; reserve the remaining slices.

Put the pudding mixture into the refrigerator.

Crepes:

Preheat a 6 to 8-inch nonstick skillet over high heat.

In a 4-cup measuring cup or mixing bowl, whisk together the Bisquick, $\frac{3}{4}$ cup milk, and the egg whites.

When the nonstick skillet is hot, spray with nonstick cooking spray. Pour 2 tablespoons of crepe batter into the preheated skillet. Lift and tilt the skillet to spread the batter. Brown on one side. The top of the crepe will be full of bubbles. With pancake turner lift the cooked crepe from the pan and place on a plate with a paper towel. Watch closely because it only takes about 1 minute for each crepe to cook. Place a paper towel or wax paper between each crepe to keep from sticking together.

Assembling Crepe:

Put $\frac{1}{4}$ cup of the filling in the center of 1 crepe and roll up jelly-roll-style; squeeze to flatten slightly.

Repeat until all of the crepes are filled.

Sprinkle the tops of the crepes with reserved sliced bananas and 1 tablespoon of powdered sugar.

Makes 10 crepes.

Yield: 5 (2 filled crepes) servings **Calories per serving:** 88 (5% fat); **Total fat:** <1 g; **Cholesterol:** 1 mg; **Carbohydrate:** 18 g; **Dietary Fiber:** 1 g; **Protein:** 3 g; **Sodium:**

260 mg **Diabetic Exchanges:** 1 starch