

## PEANUT BUTTER & FRUIT CREPES

**MAKES:** 4 servings (1 crepe each)

### INGREDIENTS

#### **Crepes:**

- 1/3 cup whole wheat (or white) flour
- 1/2 cup milk
- 1 egg
- 1 teaspoon vegetable oil
- 1/4 teaspoon cinnamon

#### **Filling:**

- 1 Tablespoon natural peanut butter
- 1/4 cup strawberries\*

**\*Try blueberries, bananas, apples, or raspberries instead of strawberries. You can also try 1 Tablespoon cream cheese with 1/2 Tablespoon jam or jelly on your crepe.**

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### DIRECTIONS

**Crepes:** Mix together flour, milk, eggs, vegetable oil and cinnamon in a bowl. Then cover and refrigerate for an hour. Heat a small amount of oil in the skillet. Then pour 2 tablespoons of batter in the middle of the skillet. Lift and tilt skillet until bottom is evenly coated. Cook until top of the crepe appears dry (about 15 to 30 seconds). Flip and cook for 15 seconds more. Remove and continue with remaining batter, stacking the crepes with paper towels in between.

**Filling:** Spread the fillings of your choice on a cooled crepe. Layer with the fruit of your choice. Roll or fold up crepe and enjoy!

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