

Blueberry Crepes with Bacon

Batter

1 egg
2/3 cup skim milk
3 tbsp. sifted flour
1 pinch salt
1 tsp. Splenda® No Calorie Sweetener
2 tbsp. water
Fat-free batter flavored cooking spray
2 slices cooked, crisp bacon, drained

Blueberry Filling

½ cup frozen blueberries
¼ cup water
1 tsp. Splenda® No Calorie Sweetener
1 ½ tsp. cornstarch mixed with

Whip egg with fork until thick and yellow colored. Stir in milk. Gently fold in flour, salt and sweetener. Batter will be very thin. Cook crepes on high heat in non-stick frying pan coated with butter spray. Turn when outside edges are slightly browned. Stack crepes on a plate.

Meanwhile, over medium heat, bring blueberries, water, and sweetener to a boil. Cook for 2-3 minutes until blueberries are soft and heated through. Mix cornstarch and water to form smooth paste. Gently stir into bubbling mixture until thickened.

Place spoonful of blueberry mixture inside each crepe and roll. Spoon remaining blueberry mixture over rolled crepes and serve with crisp bacon. Makes approximately 5 - 6 (5") crepes.

Total Calories: 341
Total Carbs: 39 g
Total Fat: 12 g
Total Protein: 19 g



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Recipe of the Month - October 2007