



## **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.)**

