

Flourless Crepes

Ingredients:

- 1 large egg
- 1 tablespoon nonfat milk
(could use any kind or even heavy cream)
- 1 teaspoon olive oil
- 1/8 teaspoon Stevia
- 1/8 teaspoon vanilla

Directions:

1. Whisk all ingredients together till frothy. (Maybe 15-20 strokes).
2. Heat a small non-stick skillet or crepe pan coated with cooking spray over medium heat.
3. Pour 1/3 of batter (about 1/8 of a cup) into pan and swirl to coat. You want the entire bottom of the pan evenly covered. (If there are 'holes' in your batter take a little of the batter to fill in.).
4. Cook about 1 min until nicely set and slightly browned - the top will look cooked.
5. Flip to brown the second side.
6. Remove from pan onto waiting plate and repeat until batter is gone.
7. Fill with your choice of toppings - fruit, ricotta cheese, etc.

130 calories, 2 carbs, 10g fat, 7g protein, 86mg sodium, 1g sugar