Pear Ricotta Crepe

**Ingredients**

2 pears (recommend Anjou red and/or green)
1 cup ricotta cheese
½ cup crushed walnuts (other options that go well with pears: pecans or almonds)
~1 Tablespoon honey
~¼ cup Splenda brown sugar
1 Tablespoon cinnamon
4 crepes (able to substitute in whole grain tortillas)

Cooking spray

**Instructions**

1. Cut pears into thin slices
2. Mix together brown sugar and cinnamon
3. Place crepe on flat service and make 1 cut from the center down
4. Place ingredients in separate 4 quadrants - sliced pears, spread ¼ c ricotta cheese, add small portions of walnuts then drizzle honey on top, lastly sprinkle brown sugar/cinnamon mixture.
5. Start folding pears onto ricotta portion and continue in clockwise motion until you have a triangle
6. Heat up a portion frying pan, spray and place folded crepe in hot pan flip, about 1-2 minutes on each side for golden brown

**Nutrition Information**

Makes 4; Serving: 1 crepe

297 calories, 43g carb (29g sugar, 3 g fiber), 11g fat, 9.5g protein

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