

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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