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LOW-FAT HONEY CREPES

(Courtesy of the National Honey Board)

INGREDIENTS:

2 cups nonfat milk
1 cup all-purpose flour
2 egg whites
1 egg
1 tbsp. Dutch Gold Clover honey
1 tbsp. vegetable oil
1/8 tsp. salt

DIRECTIONS:

Combine all ingredients in blender or food processor; blend until smooth. Rub 8" nonstick skillet with oiled paper towel or spray lightly with nonstick cooking spray; heat over medium-high heat. Spoon 3 to 4 tablespoons of crepe batter into skillet, tilting and rotating skillet to evenly cover with batter. Cook until edges begin to brown. Turn crepe over and cook until lightly brown. Remove crepe to plate to cool. Repeat process with remaining batter. Crepes may be refrigerated 3 days or frozen up to 1 month in airtight container.

Makes 12 crepes.