**Whole Wheat Crepes**

- 1 cup skim milk
- 1 egg white
- 1 cup whole wheat flour
- 2 tbsp honey or agave nectar
- 1 tsp vanilla extract
- ¼ tsp salt
- 1 tsp canola oil

Stuffing Suggestions: Strawberries, chopped nuts, almond butter and sliced bananas. Baked apples (chop apples, add cinnamon, microwave 2-3 minutes). Chicken or beef (top with low-fat cheese, salsa, or sour cream).

Heat a large, non-stick pan over medium heat. Pour 1 tsp of canola oil into the pan and use a paper towel to spread it evenly over the entire pan. Add the milk, flour, egg white, honey/agave, vanilla and salt to a blender. Blend until smooth. (Batter should be very thin). Pour ¼ cup of batter into the center of the pan and immediately turn the pan in a circular motion to spread the batter into a big circle. When the crepe is set, use a rubber spatula to lift around the edges. Flip the crepe using your fingers. Cook on the second side for a few seconds then transfer to a plate. Repeat until finished with the batter. Stuff with your favorite fillings, and drizzle with honey/agave nectar.

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**Whole Wheat Carrot Cake Muffins**

- 1½ cups mashed bananas (2-3 large)
- 1 cup shredded carrots
- ⅔ cup canola oil
- 1 tsp vanilla extract
- ¼ cup brown sugar
- 1⅓ cup whole wheat flour
- 1½ tsp cinnamon
- 1 tsp allspice
- 2 tsp baking powder
- 1 tsp baking soda
- ¼ tsp salt
- ¼ cup raisins
- ½ cup walnuts (optional)

Preheat oven to 350 degrees. In a large bowl combine the bananas, canola oil, vanilla and brown sugar. Add raisins and mix well. Add whole wheat flour, cinnamon, allspice, salt, and baking powder. Mix well. Add carrots. Line muffin pan with liners or coat with cooking spray. Evenly fill pan. Sprinkle each muffin with a pinch of brown sugar.

Bake 15-17 minutes, or until toothpick inserted in muffin is removed clean.