

Pear Crepes with Vanilla Yogurt

Serves 6 (2 crepes per person)

Crepes:

1 C. Whole Wheat pastry flour
¼ t. salt
3 eggs
2 T. Agave Syrup
1 C. milk
1 t. vanilla extract
3 T. melted butter, plus extra for brushing the pan

In a mixing bowl, combine flour and salt. In a separate bowl, combine eggs, syrup, milk and vanilla. Add wet ingredients to dry, and then stir in melted butter.

Heat a crepe or non-stick sauté pan on medium-high until almost smoking. Brush some of the melted butter into the pan. Holding the pan away from the heat, add about 3 T. of batter and swirl around until bottom is completely covered. Loosen sides of crepe, and flip when bottom is brown. Cook second side until brown and slide out of pan onto a plate. .

Pear Filling

3-4 Fresh Large pears, ripe but not mushy
1 T. butter
¼ Cup brown sugar
1 t. vanilla
1 t. cinnamon
¼ t. salt

In a large sauté pan, melt butter and sugar together on medium heat. Whisk in vanilla and cinnamon. Gently stir in pears and cook on low to medium heat until pears are tender.

Fill each crepe with about ¼ C. of filling down the center and roll up into a cigar shape.

Serve with vanilla yogurt and maple syrup.