

Chocolate Banana Crepes

1 tbsp. butter or margarine
2 tbsp. maple syrup, sugar free
1 medium banana, sliced into rounds
1 large flour tortilla
1/2 cup sugar free chocolate pudding
2 tbsp. Cool Whip Free®

Heat butter and sugar free maple syrup until it bubbles. Add banana slices and cook for about 2 minutes on medium heat. Remove from heat and set aside. Heat the flour tortilla in the microwave for 10 seconds between 2 sheets of paper towel so that it is warm and bendable. Place the warmed tortilla on a plate. Spread the chocolate pudding on the tortilla, leaving 1/4 inch around the edges. Spread the syrup/banana mixture on top of the pudding. Roll the tortilla (like a burrito) and gently place the seamed side on the bottom. Cut into two servings. Top with Cool Whip Free. Makes two servings.

Nutrition information per serving: 242 Calories, 3 grams Protein, 8 grams Fat, 32 grams Carbohydrate, 338 mg Sodium.