

# Strawberry-Cheese Blintzes

These blintzes make for a fruity and delightfully creamy addition to your brunch.



Looking for something delicious, but low-fat for your Easter brunch? Try these creamy, guilt-free blintzes.

## Ingredients:

### Crepes

3 large eggs  
2/3 cup fat-free milk  
2 Tablespoons unsalted butter  
1/4 teaspoon salt  
1/3 cup whole-wheat flour  
Nonstick cooking spray

### Filling

1 1/4 cups low-fat cottage cheese  
3 ounces Neufchatel cheese  
1/3 cup sugar  
1 1/4 teaspoons vanilla extract  
1 1/4 cups strawberries, chopped

## Preparation:

In a small bowl, beat the eggs, milk, butter and salt for about 20 seconds until well combined. Sift the flour into a medium bowl. Then add the liquid mixture, beating until well combined, about 1 minute.

In a food processor, combine cottage cheese, Neufchatel cheese, sugar and vanilla until smooth. Scrape into a bowl and mix in the chopped strawberries.

Spray the bottom of a crepe pan or heavy 7-inch skillet with cooking spray. Set over medium heat for about 30 seconds or until a drop of batter sizzles. Pour 2 tablespoonfuls of batter into the skillet and quickly tip it back and forth so the batter evenly coats the bottom. Cook for a minute, or until crepe edges are golden brown. Slide a spatula under the crepe, flip it over and cook for 30 more seconds. Transfer to a warm plate and repeat with the remaining batter, spraying the skillet with cooking spray as needed.

Divide the filling evenly among the crepes. Roll up and serve warm.

## Nutrition Facts

Yield 12 servings

Amount Per Serving (1 blintze)

**Calories** 113

**Fat** 5 g

**Saturated fat** 3 g

**Cholesterol** 56 mg

**Protein** 6 g

**Carbohydrates** 11 g

**Fiber** 1 g

**Sodium** 192 mg

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