SHOPPING LIST

Apple Crepes

- [ ] Whole Milk
- [ ] Flour
- [ ] Eggs
- [ ] Unsalted Butter
- [ ] Sugar
- [ ] Vanilla Extract
- [ ] Kosher Salt
- [ ] Golden Delicious Apples
- [ ] Honey
- [ ] Orange Juice
- [ ] Cinnamon
- [ ] Nonstick Cooking Spray
- [ ] Vanilla Yogurt

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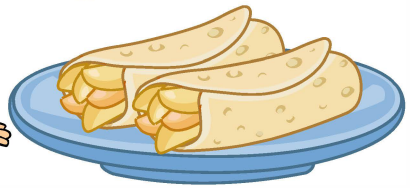
Professor Fizzy presents

SNACKS

FIZZY'S LUNCH LAB

Apple Crepes



VEGETARIAN	TIME	DIFFICULTY	SERVES
V		M	4
YES	About 30 min.	Medium	8 crepes

YOU WILL NEED

TO MAKE THE CREPES

- **1½ cups** whole milk
- **1 cup** all-purpose flour
- **2** large eggs
- **3 tablespoons** unsalted butter, melted
- **2 tablespoons** granulated sugar
- **1 teaspoon** vanilla extract
- **¼ tablespoon** kosher salt

TO MAKE THE APPLES

- **2** golden delicious apples, peeled, cored, and each cut into 12 wedges
- **¼ cup + 2 tablespoons** honey
- **¼ cup** orange juice
- **½ teaspoon** ground cinnamon
- Nonstick cooking spray
- **¼ cup** low-fat vanilla yogurt

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

STEP 1: Combine the milk, flour, eggs, butter, sugar, vanilla, and salt in a blender, and blend until smooth. Place the batter in the refrigerator.

STEP 2: Combine the apples, 1/4 cup honey, orange juice, and cinnamon in a medium saucepan. Bring to a simmer over medium-high heat. Cook until the apples are fork tender, about 7 minutes. Remove from the heat.

STEP 3: Heat a 10-inch nonstick skillet over medium heat; once hot, spray with nonstick cooking spray. Using a ¼ cup measure, pour batter into the center of the pan. Immediately tilt the skillet in a circular motion to coat the entire bottom of the skillet with the batter. Cook about 1 minute. Flip the crepe and cook about 30 seconds longer. Repeat until you have 8 crepes.

STEP 4: Place 3 apples and a tablespoon of the apple cooking liquid in the center of each crepe. Fold the sides of the crepe over the apples. Top with the remaining honey and yogurt. Serve.

Nutrition Facts

Serving Size 1 crepe (147g)
Servings Per Container 8

Amount Per Serving	
Calories 210	Calories from Fat 60
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 100mg	4%
Total Carbohydrate 32g	11%
Dietary Fiber 1g	4%
Sugars 19g	
Protein 5g	

Vitamin A 6% • Vitamin C 6%
Calcium 8% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4