

Apple Walnut Crepes

Prep: 20 min

Cook: 5 min

8 servings

1 cup all-purpose flour
1½ cups skim milk
1½ tbs canola oil
1½ tsps vanilla extract
~6 oz egg substitute (equals 3 eggs)
Cooking spray
2 cups apples, peeled and sliced
1 cup walnuts
1 TB cinnamon
8 tsp powdered sugar (optional)

1. Place flour in a medium bowl. In a second bowl, combine milk, oil, vanilla, and eggs. Add liquid ingredients to flour, stirring with a whisk until almost smooth.
2. Place a 10-inch crepe pan or nonstick skillet coated with cooking spray over medium-high heat until hot. Remove skillet from heat. Pour 3 tbs batter into pan; quickly tilt pan in all directions so batter covers skillet with a thin film. Cook about 1 minute.
3. Carefully lift edge of crepe with a spatula to test for doneness. The crepe is ready to turn when it can be shaken loose from the pan and the underside is lightly browned. Turn crepe over; cook 30 seconds on other side.
4. Place crepe on wax paper to cool. Repeat procedure with remaining batter. Stack crepes between single sheets of wax paper to prevent sticking.
5. Heat apples until juice begins to release. Mix in cinnamon and walnuts. Heat through.
6. To serve, place a crepe on each plate, put a spoonful of apples on each crepe then fold over.
7. Dust with powdered sugar.
8. Serve warm.

Nutrition Information (1 serving):

144 calories (32% from fat)

0.5g saturated fat

2g polyunsaturated fat

19g carbohydrates

1g fiber

63mg sodium

5g fat

1g monounsaturated fat

0g *trans* fat

5g sugar

6g protein

At the reception, apples were cooked in a crock pot with raisins and cinnamon. Approximately 3/4 cup raisins per 2 cups apples