

Make-Ahead Crepes with Apple Butter



INGREDIENTS

For the Crepes:

- 1 cup all-purpose flour
- 2 eggs
- 1/2 cup milk
- 1/2 cup water
- 1/4 teaspoon salt
- 2 tablespoons butter, melted
- 2 tablespoons sugar

DIRECTIONS

In a large mixing bowl, whisk together the flour and the eggs. Gradually add in the milk and water, stirring to combine. Add the salt, sugar and butter, beat until smooth.

Use a cooking spray on a frying pan over medium high heat. After Pour the batter in, just enough to coat the bottom of the pan using approximately 1/4 cup for each crepe. Tilt the pan with a circular motion so that the batter coats the surface evenly. Cook the crepe for about 2 minutes, until the bottom is light brown. Loosen with a spatula, turn and cook the other side. Serve hot or cold. Makes approximately 12 crepes.

Number of Servings: 12 (43.38 g per serving)

Weight: 520.6 g

Nutrition Facts	
Serving Size (43g)	
Servings Per Container	
Amount Per Serving	
Calories 80	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 80mg	3%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 2g	
Vitamin A 2%	• Vitamin C 0%
Calcium 2%	• Iron 4%
*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	

NOTE: The nutrition information is based on manufactures reported nutritional content. The nutrition information could change based on the products an individual uses to prepare the recipe. All nutritional information should be used as an estimate.

specialty of:
Executive Chef Charles d'Ablaing
The Webster House

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Make-Ahead Crepes with Apple Butter



INGREDIENTS

For the Apple Butter:

3 granny smith apples, cored, peeled and chopped

1/4 cup sugar

1/4 cup water

Juice of 1 lemon

1/2 Tab butter

DIRECTIONS

In a small sauce pot heat the sugar, water, apples and lemon on medium high heat, bring it to a boil and cook until it takes on a nice golden brown color. Remove from the heat and stir in butter and let it cool, then puree in a food processor.

Number of Servings: 8 (88.66 g per serving)

Weight: 709.25 g

Nutrition Facts	
Serving Size (89g)	
Servings Per Container	
Amount Per Serving	
Calories 60	Calories from Fat 5
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Sugars 12g	
Protein 0g	
Vitamin A 2%	• Vitamin C 10%
Calcium 0%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
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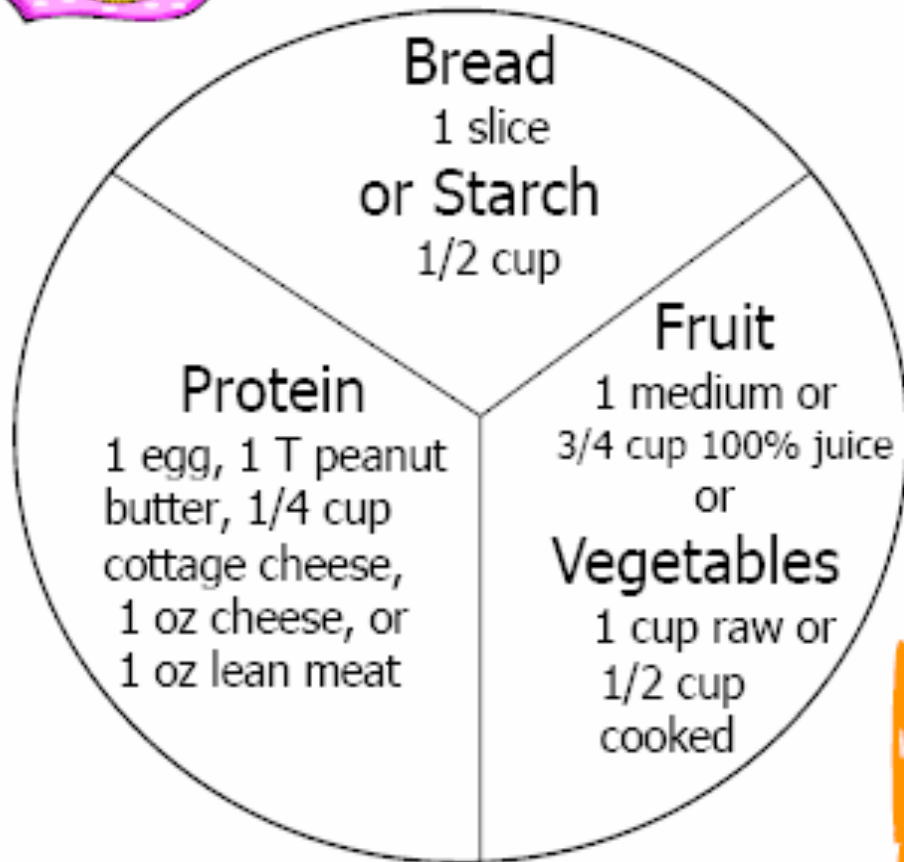
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Snack



Milk
Skim or 1%
Or
Yogurt
60-100 calories



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