



APPLE CINNAMON CREPES

MAKES 2 SERVINGS

INGREDIENTS

CREPE

4 EGGS, WHISKED

2 TBSP WATER

PINCH OF CINNAMON

FILLING

1 TBSP ORGANIC UNREFINED COCONUT OIL

2 SMALL ORGANIC APPLES, PEELED AND SLICED

1/2 TSP GROUND CINNAMON

1/8-1/4 TSP VANILLA EXTRACT

10 PECAN HALVES, TOASTED AND CHOPPED



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METHOD

IN A SMALL BOWL, COMBINE APPLE SLICES WITH CINNAMON AND VANILLA; TOSS TO COAT. HEAT MEDIUM SKILLET OVER MEDIUM HEAT. ADD COCONUT OIL AND ALLOW TO MELT, THEN ADD APPLE SLICES.

HEAT UNTIL DESIRED TEXTURE IS ACHIEVED (REDUCING THE TEMPERATURE AND PLACING THE LID ON THE PAN WORKS WELL). MEANWHILE, COMBINE EGGS, WATER, AND CINNAMON IN A SMALL BOWL.

ONCE APPLES ARE COOKED, TRANSFER TO A BOWL AND COVER; SET ASIDE. USING THE SAME SKILLET OVER MEDIUM HEAT, POUR 1/4 CUP CREPE BATTER INTO YOUR WARMED SKILLET. YOU WANT A VERY THIN LAYER OF EGG COATING THE WHOLE BOTTOM OF THE PAN. COOK 2-3 MINUTES THEN FLIP, COOK ANOTHER 1 MINUTE. SET ASIDE AND REPEAT.

WITH REMAINING BATTER (SHOULD MAKE ABOUT 8 CREPES). DIVIDE APPLES AMONG THE CREPES, LEAVING SOME FOR GARNISH, IF DESIRED, AND ROLL INTO "LOGS." TOP WITH LEFTOVER APPLES AND CHOPPED PECANS.