

Choco Fever Dream

Apple Cinnamon Crepes – Cozy Morning Recipe

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**French** Cuisine

Ingredients

Batter

- [ ] 1 cup all-purpose flour
- [ ] 2 large eggs
- [ ] 1 cup whole milk
- [ ] 2 tbsp melted butter
- [ ] 1 tbsp sugar
- [ ] Pinch of salt

Apple Filling

- [ ] 2 medium apples, thinly sliced
- [ ] 2 tsp ground cinnamon
- [ ] 2 tbsp maple syrup
- [ ] 1 tbsp butter
- [ ] Juice of 1/2 lemon

Instructions

1. In a bowl whisk flour, sugar, and salt; add eggs, milk, and melted butter, stirring until smooth. Let the batter rest for 10 minutes.
2. Meanwhile, melt butter in a skillet over medium heat, add apple slices, lemon juice, cinnamon, and maple syrup; sauté until apples are soft and fragrant, about 5-7 minutes.
3. Heat a non-stick pan over medium-high heat, lightly coat with butter, pour a thin circle of batter, swirl to cover the surface, and cook until edges lift, 1-2 minutes per side.
4. Lay a spoonful of warm apple mixture on one half of the crepe, fold gently, then roll or fold into a triangle.
5. Repeat with remaining batter and filling; keep finished crepes warm under foil. Serve dusted with powdered sugar and a drizzle of maple syrup.

Nutrition per serving

320 kcal	9 g	42 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the batter feels too thick, add a splash of milk; it should be pourable.
- Avoid over-cooking the apples; you want a tender bite, not a mush.
- For extra depth, add a pinch of nutmeg to the apple mixture. apple cinnamon overnight oats use a similar spice blend.