**Crepes**

* 1 cup all-purpose flour
* 1 teaspoon white sugar
* ¼ teaspoon salt
* 3 eggs
* 2 cups milk
* 2 tablespoons butter, melted

Method:

1. In a bowl, stir together flour, sugar and salt
2. Make a well add lightly beaten eggs and milk
3. With a whisk, gradually incorporate flour into the liquid ingredients
4. Beat vigorously until smooth and free of lumps
5. Add melted margarine and vanilla and continue to beat.
6. Se bowl aside and let stand for a **minimum 5 min**
7. Heat frying pan (skillet) on high
8. Pour 2-3Tbsp of batter in a hot skillet and immediately rotate frying pan to distribute evenly over the bottom of the pan
9. Cook for 1 minute or until top is dry (not shiny) and underside is golden brown
10. Loosen edges with a spatula and flip for a few seconds
11. Remove and fill with filling as desired.

**Makes 10-12 Crepes**

**Spiced Apple Filling For Crepes**

Ingredients

15ml margarine

30ml brown sugar

Dash cinnamon

1 ½ -2 apples

As desired whipped cream

Method

1. In a small pot melted margarine with brown sugar and cinnamon.

2. Peel, core and slice apples **thinly.**

3. Add apples to brown sugar mixture and stir over medium heat until firm and tender, about 4-5 minutes.

4. Fill crepes with apple filling top with whipped cream. Use one of the five methods of folding. (1. Classic 2. Rolled 3. Stacked 4. Envelope 5. Suzette)

 5. Serve immediately.

**Berry Sauce**

1 ½ cups frozen berries

2 Tbsp lemon Juice

3 Tbsp sugar

¼ cup water

Add everything to a small sauce pan. Heat and bring to a gentle boil until berries are softened and sugar has dissolved.