



THE J.M. SMUCKER CO.

Easy Strawberry Banana and Chocolate Crepes

Prep Time **Cook Time** **Serves** **Difficulty**

20 mins 40 mins 16 N/A

Ingredients

- **Crepes:**

- 1 can (354 mL) **Carnation®** Regular, 2% or Fat Free Evaporated Milk
- 4 eggs
- 1 1/2 cups (375 mL) **Robin Hood®** Original All Purpose Flour

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- 1/2 cup (125 mL) water
- 1/4 cup (50 mL) butter, melted and slightly cooled
- 1/2 tsp (2 mL) butter, melted and slightly cooled
- 1/4 cup (50 mL) granulated sugar
- 1/4 tsp (1 mL) salt

- **Apple and Cheddar Filling Option (for 4 crepes):**

- 1/4 cup (50 mL) butter
- 1/4 cup (50 mL) brown sugar
- 1/2 tsp (2 mL) cinnamon, plus additional for garnish
- 4 apples, peeled and thinly sliced
- 1 cup (250 mL) sharp cheddar cheese, shredded
- icing sugar, garnish, optional

- **Strawberry, Banana and Chocolate Sauce (for 4 crepes):**

- 2 cups (500 mL) strawberries, sliced
- 2 cups (500 mL) bananas, sliced
- **Smucker's®** Chocolate Syrup, Chocolate Flavoured Syrup

Directions

Step 2:

Blend evaporated milk, eggs, flour, water, 1/4 cup (50 mL) butter, sugar and salt in blender, food processor or bowl. Mix until you have a smooth thin batter. Let batter stand at room temperature 30 minutes (this prevents tough crepes).

Step 3:

Heat a 10" (25 cm) non-stick skillet or crepe pan over medium heat. Brush pan with remaining 1/2 tsp (2 mL) butter. Add about 1/2 cup (125 mL) batter to pan. Swirl batter around pan and pour excess batter back into bowl so crepe will be very thin. Cook until bottom browns, 1 1/2 - 2 minutes, and turn crepe over to cook until other side is pale golden, about 30 seconds to 1 minute. Remove crepe to parchment lined surface and layer crepes with parchment paper between each one to prevent sticking.

Step 5:

Melt butter in medium skillet. Add sugar, cinnamon and apples and cook over medium heat until apples just begin to soften. Place 1/4 of filling down centre of each crepe. Top with shredded cheese and roll. Garnish with additional cinnamon and icing sugar if desired.

Step 7:

Combine strawberries and banana. Place fruit in centre of crepe. Roll and garnish with chocolate syrup.

Images

