



Dessert Ambrosia Crepes

Yield: 18 crepes
 Prep time: 15 min
 Cooking time: 20 min

Ingredients	Metric	Imperial	Method
Crepes:			
Eggs	3	3	Whisk together eggs and salt. Whisk in flour, milk and butter until smooth. Cover and refrigerate for at least 1 hour. Stir before cooking.
Salt	2 ml	½ tsp	
All purpose flour	250 ml	1 c	
<p>Heat crepe pan and spray with cooking spray. Pour about 45 ml/3 tbsp batter onto pan while tilting and rotating pan so batter forms a thin film over the bottom of pan. Cook over medium heat until the top is set – about 30 seconds. Loosen edges, flip and cook a few seconds on other side. Remove cooked crepe and place on wire rack to cool. Repeat procedure.</p>			
Ambrosia Filling:			
Pineapple tidbits, well drained	540 ml	19 oz	Combine all ingredients. Chill to blend flavors.
Mandarin orange segments, drained	568 ml	20 oz	
Sweetened, flaked coconut	125 ml	½ c	
Yogurt, firm lemon orange or vanilla flavor	175 ml	¾ c	
Maple syrup, optional			Place about 50 ml/¼ c filling on each crepe, fold as desired. Garnish with more fresh fruit and yogurt. Drizzle with maple syrup, if desired.

Source: Canadian Egg Marketing Agency