

# YOUTH WEEK

Saturday, May 2 - Make it or Bake it Recipe

## Wake-up Breakfast Crepes!

*fifteenspatulas.com*

Try this favourite at home and make a tasty breakfast for your family.

### Ingredients:

- 2 large eggs
- 1.5 cups milk
- 1 cup all-purpose flour (5 ounces by weight)
- 3 tbsp melted butter\*\*
- 1 tsp vanilla extract
- 2 tbsp granulated sugar
- Extra butter for cooking if desired\*\*\*

### Directions:

1. Combine all ingredients in a blender and blend for 15 seconds, or until combined.
2. You may need to gently tap the blender container on the counter a few times to make the bubbles in the batter release.
3. Next, you will need to place the crepe batter into the fridge for about 30 minutes.
4. Heat a nonstick frying pan over medium heat for a few minutes, next pour the desired amount of batter into the pan (1/4 cup is a good amount), quickly swirling it around to spread it evenly. A spatula or crepe spreader can help with this.
5. Cook the crepe for 45-60 seconds, until browned on the bottom.
6. Flip the crepe, and cook for about 30 more seconds on the other side or until golden brown. Repeat with the remaining batter.
7. Serve the crepes rolled or folded into triangles. Add any garnishes that you wish – we like to add powdered sugar sprinkled on top and some fresh cut strawberries or blue berries.

