

RISE UP RECIPE

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TOOLS

- Medium bowl
- Hand or stand mixer
- Large frying pan
- Spatula
- Kitchen scissors
- Spoon

HINT

Making crepes may take some patience, so make extra batter if you'd like. You can always enjoy them later!

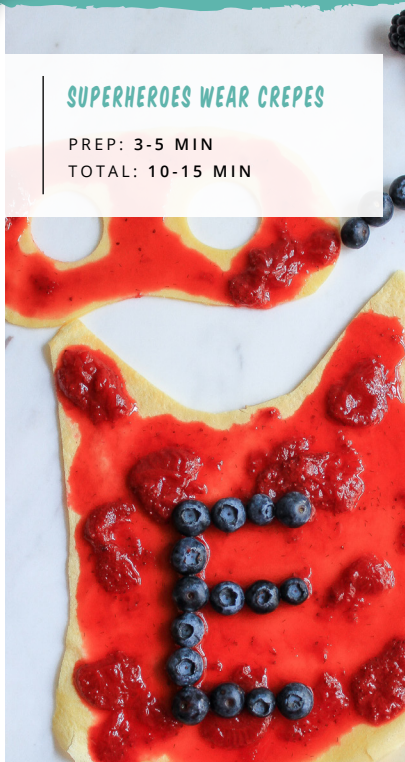
INGREDIENTS

- 4 eggs
- 1 cup of flour
- 2 tbsp. of sugar
- 1/2 cup of water
- 1/2 cup of milk
- 1 tbsp. of olive oil
- 1/2 tbsp. of butter
- 1 tsp. of vanilla extract
- Pinch of salt
- 1/4 - 1/2 cup of strawberry jam
- Blueberries for topping

SUPERHEROES WEAR CREPES

PREP: 3-5 MIN

TOTAL: 10-15 MIN



DIRECTIONS

Alright, friends, let's get started by making the crepe batter. Have your little one(s) help mix the eggs and flour in a medium bowl using a hand mixer until the mixture is smooth and the eggs and flour are completely combined. Next, have your little one(s) add sugar, water, milk, olive oil and vanilla extract and mix until smooth and combined. Encourage your little one(s) to scrape down the sides of the bowl as you go along.

Set a large frying pan over medium-high heat and add a sliver or two of butter, allowing it to bubble up. Using a 1/2 cup measuring cup (or very large ladle), have your little one(s) scoop crepe batter into

the cup and pour it into the frying pan, turning the frying pan by its handle to ensure the mixture spreads evenly and thinly across the pan. The crepe will slightly bubble and crisp up on the sides when it's ready to be flipped (2-3 minutes or less). Lower the heat slightly and, using a spatula, have your little one(s) gently lift up the sides and flip the crepe, cooking for another minute or two. Remove the crepe from the pan and set aside on a plate. Repeat this step with the rest of the batter.

Using kitchen scissors, cut one crepe into the shape of a cape and one crepe into the shape of a mask (see pictures for reference).

Now, it's time to decorate those capes and masks! Have your little one(s) top the crepe and mask with jam and fruit. A fun way to decorate is with your little one's initials. Fold the crepes and enjoy!

Disclaimer: Adult supervision is highly recommended when using the knife.

