

## Chocolate Crepe & Fruit Straws



It's all hands-on deck for these Nesquik® Chocolate Crepe & Fruit Straws. Get everyone involved with threading on their own fruit & crepes.

Serves: 12 (1 straw per portion)

Difficulty: Easy

Prep Time: 15 minutes | Cook Time: 10 minutes

### Ingredients:

For the crepes:

100g plain flour

2 eggs, large

150ml semi skimmed milk

15g Chocolate Nesquik Milkshake Powder

1 tsp vegetable oil

For the dip:

175g Greek yoghurt

50g Chocolate Nesquik Milkshake Powder

For dipping:

150g strawberries, halved

150g mango, cut into large pieces

You will also need:

12 straws

TIP: For some maths practice, try reading the numbers in the recipe and on the scales with your child.

## Step by Step Guide:

### Mix Ingredients:

Add the flour and Nesquik into a large mixing bowl and mix together with a wooden spoon or whisk. Crack the eggs into a jug and add the milk then use a fork to mix until everything is combined. Make a small well in the middle of the dry ingredients and pour in the wet ingredients. Gently whisk together until you have a completely smooth batter.

Over 6: Get your little one to help with weighing things like the flour and the Nesquik. Use a tablespoon so they can add a spoonful of the ingredient one at a time to the mixing bowl. Make sure to clear your surfaces before letting them loose with the wooden spoon or a whisk!

Over 10: Get them to weigh out all the ingredients including the milk and oil. They can practice their egg cracking skills by tapping the egg on the edge of the work surface. Make sure to fish out any escaped pieces of shell before moving on to the next step..!

### Prepare the frying pan:

Take a large frying pan and carefully wipe the inside of the pan with some kitchen roll dipped in vegetable oil.

All hands on deck!: Everyone can be on hand for this one. Just make sure the bottom of the pan is completely covered with the oil so the pancakes don't stick. Pour the oil into a shallow bowl makes it easier to dip the kitchen roll into it.

### Heat the oil:

Heat the pan over a medium heat for about a minute then add 4 tbsp of batter to the pan. Tilt the pan carefully so there's a thin coating of batter on the base.

Over 6: This is a good opportunity to teach your children about safety in the kitchen – let them know that the hob is hot and dangerous for them to touch

Over 10s: With close supervision, allow your child to add the frying pan to the hob and add the batter.

### Cook the pancakes

Cook for 1 to 1 ½ minutes then flip carefully with a spatula and cook for a further minute. Transfer to a plate and cover with a clean tea towel to keep warm whilst you make the remaining crepes (the batter should make around 6 crepes total)

### Make the dip

For the dip: mix together the Nesquik and yoghurt until smooth and transfer into a small bowl for dipping.

All hands on deck!: Everyone can get involved with making the yoghurt dip.

### Assemble your straws

Roll the crepes and slice each one in to 6 equal pieces. Feed a slice of crepe onto the straw

followed by a piece of strawberry or mango – repeat until you have x3 pieces of crepe and x3 pieces of fruit per straw.

Over 6: Get your little one to help roll the crepes up before an adult cuts them into pieces. They can help with the assembly of the straws using the pre-cut fruit. Get them to count how many pieces of strawberry, mango and pancake are on each straw.

Over 10s: With close supervision and a child safe sharp knife, get your child to help with the cutting of the crepes and fruit before starting to assemble the straws.

Enjoy!

Serve with a tablespoon of Chocolate Yoghurt Sauce and enjoy!

**Each fruit straw with (1/12th of) dip typically contains:**

Energy	Fat	Saturates	Sugars	Salt
393 kJ 93 kcal	1.6 g	0.5 g	7.8 g	0.08 g
5%	2%	3%	9%	1%

of an adults Reference Intake (RI)\*

Energy per 100g: 571 kJ / 135 kcal