



# Julie Zyromski

## Lemon and poppy seed crêpes

Portions: 8 crêpes

Preparation: 15 minutes

Cooking time: 20 minutes

8

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### Ingredients

1  $\frac{2}{3}$  (410 ml) cups milk  
2 eggs  
 $\frac{1}{4}$  cup (60 ml) melted butter  
1  $\frac{1}{4}$  (310 ml) cups flour  
 $\frac{1}{2}$  tsp (3 ml) salt  
1 lemon's zest, grated  
1 tbsp (15 ml) poppy seeds  
Lemon yogurt, to taste  
Fresh blueberries, to taste  
Maple syrup, to taste  
Powdered sugar, to taste

### Steps

1. In this order, add in your blender the milk, eggs, butter, flour salt, zest, and poppy seeds and mix until smooth.
2. Melt a small amount of butter in an 8-inch (20-cm) non-stick skillet over medium heat.
3. For each crepe, pour 1/4 to 1/3 cup of batter in the center of the skillet. Tilt the pan with a circular motion so that the batter coats the surface evenly. When bubbles appear on the surface of the crepe, and the mixture cooked, flip the crepe and continue cooking until the bottom is golden brown.
4. Set aside on a plate and keep them warm.
5. Serve them with lemon yogurt, blueberries, maple syrup, and powdered sugar to taste!