

FRUIT TACOS

Fruit Tacos for breakfast, dessert or anything in between that kids LOVE to eat and participate in making!

And let's admit it - time isn't always on our side - so if you don't have time to make the tacos, just purchase the mini ones and wrap them in foil and oven bake at a low temp to warm up.

The fun can be in prepping the fillings too!

To make the "tacos"

INSTRUCTIONS

WHISK together dry ingredients (flour, sugar, baking powder, baking soda, and salt). Set aside.

In a separate bowl, **COMBINE** wet ingredients and stir/whisk until smooth (milk, eggs, melted butter, and vanilla extract).

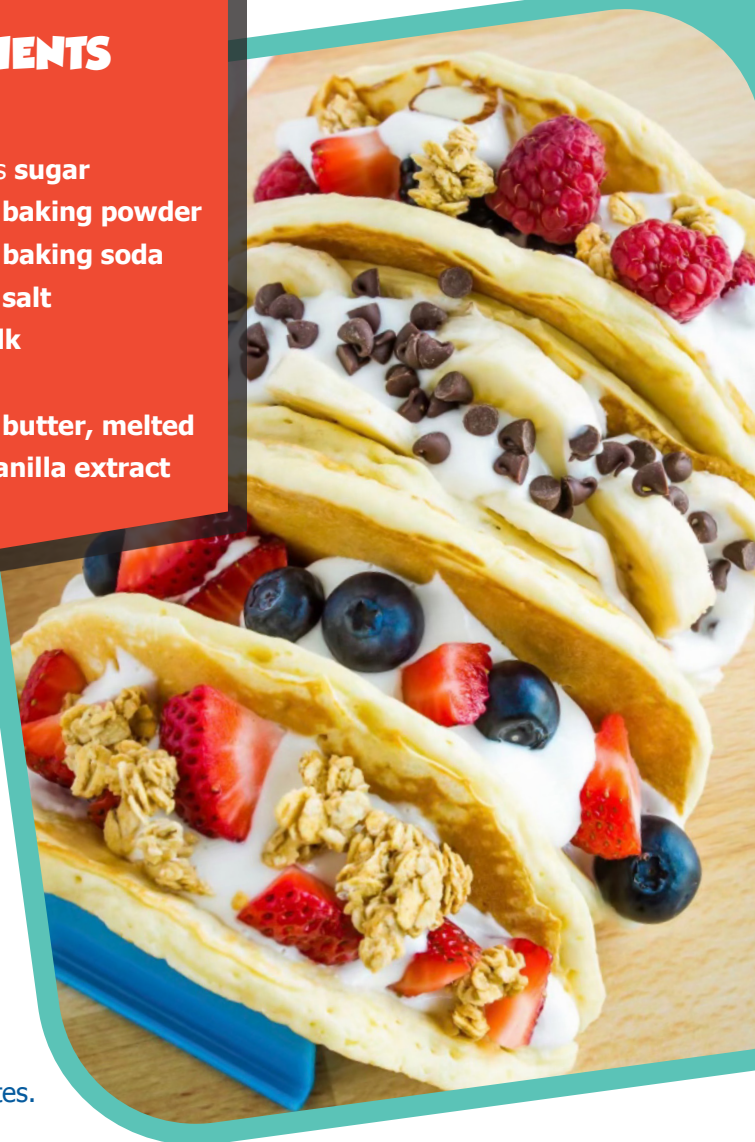
ADD wet mixture into dry mixture and whisk until just combined. The batter may be lumpy. If the batter is too thick add 1 Tablespoon milk at a time until desired consistency is achieved.

PREHEAT a griddle over medium heat (350F). Lightly grease with butter or oil if not using a non-stick pan.

DROP 1/4 - 1/2 cup batter for each taco and let cook until bubbles form evenly over the pancake. FLIP and cook for another 1-2 minutes.

INGREDIENTS

- 2 Cups **flour**
- 2 Tablespoons **sugar**
- 1 Tablespoon **baking powder**
- 1/2 teaspoon **baking soda**
- 1/2 teaspoon **salt**
- 1 3/4 Cup **milk**
- 2 **eggs**
- 1 Tablespoon **butter, melted**
- 1 teaspoon **vanilla extract**



FUN FILLINGS:

Greek/Skyr or regular yogurt

Chopped fresh fruit and/or berries (note: citrus doesn't work well with yogurt products)

Nut butters (like almond, pistachio or peanut) or alternative like pea butter or cookie butter)

Granola of your choice

Mini chocolate chips

Cinnamon

Have some frozen fruit waiting to be used?
(Place in a small pot on minimal heat and slow thaw to warm with a touch of maple syrup or honey and cinnamon)

Having your kids participate in food prep allows for dexterity improvements, connecting food education to fun tastes, allows for healthy engagement in the kitchen all while getting a fun nutrient boost!

These fun toppings minimize the usual maple syrup or whipped cream add ons with more nutrient dense options

Get creative and have fun! Send pics of your favourite Kids In The Kitchen creation to info@tinyseedlings.com