



# Pancakes



UNION PUBLIC SCHOOLS  
Together We Make A Difference

Makes 4 servings

## Ingredients:

- 1 cup flour using  $\frac{1}{2}$  cup whole wheat flour and  $\frac{1}{2}$  cup white flour
- 2 tablespoons sugar
- 1 tablespoon baking powder
- $\frac{1}{2}$  teaspoon salt
- 1 egg
- 1 cup milk
- 2 tablespoons vegetable oil
- Cooking spray

## Twist it up:

- Cinnamon Pancakes: Add 1 teaspoon cinnamon into the batter.
- Blueberry Pancakes: Once you ladle the batter onto the hot skillet, add blueberries by placing them onto the pancake before flipping.
- Toppings: Fruits (bananas, strawberries, and more), whipped cream, maple syrup, chocolate chips peanut butter, Nutella, crumbled sausage, Greek yogurt, and more.

## Directions:

1. In a small bowl, mix the flour, sugar, baking powder, and salt with a whisk to make the flour mixture.
2. In a medium bowl, beat egg, milk, and oil with whisk until blended. Slowly add in the in the flour mixture. Whisk until just combined, making sure to not overmix it.
3. Heat a skillet over medium heat. Once heated, if it is a nonstick pan, spray an area with cooking spray where the pancakes will be poured. Use a ladle or  $\frac{1}{4}$  cup measuring cup to pour batter onto hot skillet. Cook until bubbles form on tops, then use a spatula to flip the pancake to cook the other side. Cook until both sides are lightly brown.



























## Pancake Fun Facts

- Pancakes are part of the grain food group. Grains give you energy for your brain to learn and also energy to move your body to play sports, dance, walk, and more!
- **Fiber**: Adding in whole wheat flour to your recipes increases fiber. Fiber helps to clean out your insides!
- When you add bananas and peanut butter to your pancake, you now are eating a meal from three food groups! The bananas are in the **fruit** group, the peanut butter is in the **protein** food group, and the pancakes are in the **grains** food group. That makes for a great meal filled with many vitamins, minerals, and nutrients!

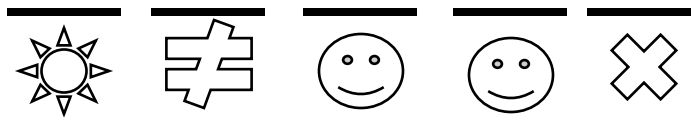
**Food For U!**

# Crack the Code - Pancake Facts

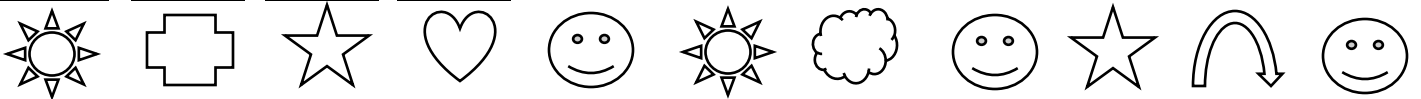
Use the code box to find the answers to the questions about pancakes.

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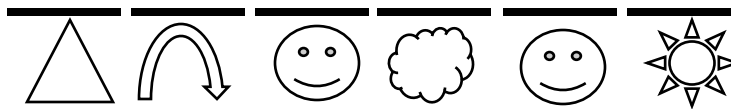
The first pancakes were made by Romans in the 1<sup>st</sup> Century AD.  
They were called Alita Dolcia, which means "another \_\_\_\_\_" in Latin.



William \_\_\_\_\_ liked pancakes so much that he talked about them in his plays!



The French have a very similar pancake recipe, but theirs are thin and crispy.  
They are called \_\_\_\_\_.



The Algonquin Indians discovered this delicious topping for pancakes.



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