



Letter pancakes

A B C's taste best!

Level: Easy

Serves: 6

Kids' Tool Kit

Skillet or griddle
Mixing bowl
Spoon
Spatula
Zip-type bag
Scissors
Measuring cup
Cooking spray

Chef's Choice

Letter Pancakes
Blueberries or strawberries
Low fat milk

Ingredients:

1 package complete pancake mix
(5 to 6 ounces)
water, according to package directions
powdered sugar, optional



Directions:

Remember to wash your hands!



1. In a mixing bowl, combine pancake mix and water, according to package directions.
2. Spray skillet or griddle with cooking spray and heat on medium.
3. Put batter into plastic bag. Cut off a small corner and squeeze bag to make your initials on skillet.
4. Cook until bubbles form on top. Turn, and cook until golden brown.
5. Remove from skillet and top with powdered sugar, if desired.



Helpful Hints: Choose a heavy, zip-type bag for the batter. Working in pairs makes it easier to make the letters and flip them over when cooked.



Safety Tips: The skillet needs to preheat while mixing the pancake batter. It's ready when water drops sizzle and dance when sprinkled on top.

Source: Book Cooks Nutrition Prop Boxes, Family Nutrition Program, K-State Research and Extension, Saline County.

Suggested book with this cooking activity: *Pancakes for Breakfast* by Tomie dePaola

Nutrition Facts

Serving Size 1 pancake (107g)
Servings Per Container 6

Amount Per Serving	
Calories 110	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Cholesterol 5mg	2%
Sodium 350mg	14%
Total Carbohydrate 20g	7%
Dietary Fiber less than 1g	3%
Sugars 0g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.