

Letter Pancakes

A B C's taste best!

6 servings

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Ingredients:

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

Chef's Choice
Letter Pancakes
Blueberries or strawberries
Low fat milk

Directions:

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.

Nutrition Facts: One pancake provides 110 calories, 1.5g total fat, 5mg cholesterol, 350mg sodium, 20g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

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