



Pancakes Make a Happy Meal Any Time of Day!

Pancakes can be served for breakfast, brunch, lunch or dinner. The French make thin pancakes called crepes and fill them with sausage for breakfast or fruit and jam for dessert. Did you know pancakes are also called flapjacks or hotcakes? All ages can help make pancakes, from preschoolers stirring to older kids cooking and flipping the pancakes.

You can even make pancake batter the night before and then cover and refrigerate it to use the next morning. Make flavorful pancakes by adding herbs, ham or broccoli and topping with cheese or even salsa!

Making pancakes from a mix is fast, but you can also make pancakes from a few basic ingredients. To make 8 to 10 pancakes, mix 1 cup flour, 1 tablespoon sugar, 2 teaspoons baking powder and 1/4 teaspoon salt in a large bowl. Combine 1 egg, 3/4 cup skim milk and 1 tablespoon cooking oil in another bowl and then add to dry ingredients, stirring until blended but still slightly lumpy.

For each pancake, pour about 1/4 cup batter onto a hot griddle and cook until small bubbles come to the surface and the bottom of the pancake is brown, about 2 to 3 minutes. Flip the pancake over and cook until golden brown on the other side, about 30 seconds.



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Your first pancake may not be picture-perfect, but it'll probably taste just fine. Adjust the temperature and keep on cooking until the last pancake is done. Just make sure the cook gets to eat, too!

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For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

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