



Create Your Own Perfect Pancakes + Honey Yogurt Smoothies

By Erin Fletter

Prep Time 20 / Cook Time 8 / Serves 4 - 6

Shopping List

FRESH

2 bananas

1 lemon, optional for lemon zest mix-in

2 C finely chopped fruit, optional mix-in or topping (apple, banana, blueberries, cherries, raspberries, or pineapple)

DAIRY AND EGGS

1 C milk **** (see allergy subs below) ****

2 T unsalted butter + more for optional topping **** (see allergy subs below) ****

1 egg **** (see allergy subs below) ****

1 C yogurt **** (see allergy subs below) ****

PANTRY

1 1/4 all-purpose flour **** (see allergy subs below) ****

2 T granulated sugar

2 tsp baking powder

1/2 tsp salt

vegetable oil (or butter) for cooking ******

2 tsp pure vanilla extract + 1 tsp more for optional mix-in **** (see allergy subs below) ****

1 T honey + more for optional topping

- 1/2 C shredded coconut, optional mix-in + topping
- 1/4 C cocoa powder, optional mix-in **** (see allergy subs below)****
- 1 tsp ground cinnamon, optional mix-in
- 1 tsp pumpkin pie spice, optional mix-in
- maple syrup, optional topping
- fruit jam, optional topping
- lemon curd, optional topping
- HAVE ON HAND
- 2 C ice

Fun-Da-Mentals Kitchen Skills

chop: to cut something into small, rough pieces using a blade.

combine: to merge two or more ingredients into one mixture, like a batter of flour, eggs, and milk.

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

wet vs dry: to mix wet and dry ingredients separately before combining them: dry ingredients are flours, leavening agents, salt, and spices; wet ingredients are those that dissolve or can be dissolved (sugar, eggs, butter, oils, honey, vanilla, milk, and juices).

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

chop: to cut something into small, rough pieces using a blade.

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

peel: to remove the skin or rind from something using your hands or a metal tool.

Equipment

- Medium mixing bowl
- Large mixing bowl
- Dry measuring cups

- Measuring spoons
- Whisk
- Cutting board + kid-safe knife
- Large skillet
- Heat-resistant spatula or pancake turner
- Blender (or pitcher + immersion blender)
- Liquid measuring cup

Ingredients

Create Your Own Perfect Pancakes

- Pancake batter:
 - 1 1/4 all-purpose flour ****(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)****
 - 2 T granulated sugar
 - 2 tsp baking powder
 - 1/2 tsp salt
 - 1 C milk ****(for DAIRY ALLERGY sub dairy-free/nut-free milk)****
 - 2 T unsalted butter, melted ****(for DAIRY ALLERGY sub dairy-free/nut-free butter, like Earth Balance brand)****
 - 1 egg ****(for EGG ALLERGY sub 1/2 ripe, mashed banana)****
 - 1 T vegetable oil or butter, for cooking
- Mix-in suggestions:
 - 1/4 C shredded coconut
 - 1/4 C cocoa powder ****(for CHOCOLATE ALLERGY sub carob powder)****
 - 1 tsp pure vanilla extract ****(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)****
 - 1 tsp ground cinnamon
 - 1 tsp pumpkin pie spice
 - 1 tsp lemon zest
 - 1 C finely chopped fruit (apple, banana, blueberries, cherries, raspberries, or pineapple)

- Topping suggestions (a drizzle, dollop, or sprinkle per pancake):
- maple syrup
- honey
- fruit jam
- lemon curd
- butter
- chopped fruit (apple, banana, blueberries, cherries, raspberries, or pineapple)
- shredded coconut

Honey Yogurt Smoothies

- 2 bananas
- 1 C yogurt ******(for DAIRY ALLERGY sub dairy-free/nut-free yogurt)******
- 2 tsp pure vanilla extract ******(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)******
- 1 T honey
- 2 C ice

Food Allergen Substitutions

Create Your Own Perfect Pancakes

Gluten/Wheat: Substitute gluten-free/nut-free all-purpose flour. Use certified gluten-free pure vanilla extract, not imitation vanilla flavor, for mix-in suggestion.

Dairy: Substitute dairy-free/nut-free milk. Substitute dairy-free/nut-free butter, like Earth Balance brand.

Egg: For 1 egg, substitute 1/2 ripe, mashed banana.

Chocolate: Substitute carob powder for cocoa powder mix-in suggestion.

Honey Yogurt Smoothies

Dairy: Substitute dairy-free/nut-free yogurt.

Gluten/Wheat: Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Instructions

Create Your Own Perfect Pancakes

measure + combine

In a medium mixing bowl, combine **1 1/4 cup flour**, **2 tablespoons sugar**, **2 teaspoons baking powder**, and **1/2 teaspoon salt**.

crack + whisk

Crack **1 egg** into a large mixing bowl and add **1 cup milk** and **2 tablespoons melted butter**. Whisk the wet ingredients together and then add the dry ingredients into the wet mixture and whisk until moistened. There will be some small lumps, which is okay!

create + prepare

Time to get creative! Create your perfect pancake combination by choosing up to two mix-in ingredients and two toppings, measuring, and preparing them.

add + stir

Have kids add their mix-in ingredients to the batter and gently stir. You can also divide the batter (about 1/4 cup) between your kids and let them mix in their choice of ingredients (you'll have to track whose pancake is whose during cooking).

heat + add + cook

Heat a large skillet over medium heat on your stovetop. Heat **1 tablespoon of oil or butter** in the pan. Spoon two tablespoons of pancake batter per pancake onto your pan and cook until the surface of the pancakes have a few bubbles on top (1 to 2 minutes). Flip with a spatula and cook until browned and cooked through.

plate + top

Plate your perfect pancakes and let kids top them with their chosen toppings. Enjoy your creations!

Honey Yogurt Smoothies

peel + chop

Peel and chop **2 bananas** and add them to your blender or a pitcher (for use with an immersion blender).

add + blend

Add **1 cup yogurt**, **2 teaspoons vanilla extract**, **1 tablespoon honey**, and **2 cups ice** to your blender. Blend everything up until creamy and thick! Enjoy!

Featured Ingredient: Flour!

Hi! I'm Flour!

"Happy Baking, Friends! I'm Flour, and I'm a VIP (Very Important Powder)! I'm really quite useful (and humble). You can use me to make breads, cakes, cookies, crackers, crumpets, doughnuts, muffins, pancakes, pasta, waffles, and more. (Which is your favorite?) I can coat vegetables and meats before frying them in oil, and you can combine me with a fat to make a roux to thicken sauces and gravies. You can even make play dough and glue with me. Can you see now why I'm a VIP?"

History

Around 8,000 to 15,000 years ago, people discovered that they could crush wheat seeds between simple grindstones to make flour.

When you grind cereal grains, beans, seeds, or roots (like cassava), they become a powder, resulting in flour. Some of the grains besides wheat that can be ground into flour are rye, buckwheat, barley, corn, oat, and rice. Other foods used to make flour are potatoes, acorns, mesquite, cassava, soybeans, garbanzo beans (or chickpeas), amaranth, and even bananas!

Flour is the primary component of bread, and bread is a staple in many countries. Therefore, sufficient amounts of flour are critical, which has caused major economic and political issues at various times throughout history.

Anatomy & Etymology

Before grains are ground into flour, they are whole pieces taken from a plant.

Each kernel of wheat consists of three parts: the coarse outer bran layer (which contains most of the fiber), the germ, and the endosperm. The endosperm stores the grain's starch, a carbohydrate that the body uses to create energy. Other foods that contain starch are potatoes, pasta, and rice.

Whole-wheat flour is the result of grinding or milling the whole grain. It contains all three parts of the kernel—bran, endosperm, and germ.

White flour has been refined or polished and bleached to remove the bran. As a result, white flour has less fiber than whole-wheat flour and fewer nutrients, too.

The word "flour" is originally a variant of the word "flower." Both derive from the Old French "fleur" or "flour," literally "blossom," and figuratively "the finest" (of the milled grain).

How Flour is made

Flour is made in nearly every country in the world.

First, farmers plant wheat seeds, and plants begin to grow. Then, when they are ready to harvest, farmers collect them with giant machines called combines.

Combines cut, separate, and clean the wheat at the same time. The grain must be completely dry before

storing, so farmers don't harvest it when it's rainy.

Then, they transfer the flour to a mill (a building where grains are ground into flour), where a miller will oversee the grinding of the wheat grain into flour.

One whole wheat grain makes over 20,000 particles of flour!

Nutrition

Flour contains protein and is a significant source of carbohydrates.

Carbohydrates are a direct source of energy for the body. Our bodies first have to make some changes to the carbohydrates, but then they are quickly converted to energy by our cells.

Fiber helps to keep our intestines happy, feeding the good bacteria in our gut. Whole-wheat, unbleached flour is an excellent source of fiber.

Whole wheat contains essential nutrients, including vitamins, minerals, healthy fats, protein, and fiber.

Organic, unbleached flour is the healthiest.

Wheat-free and gluten-free flours are vital to people who have celiac disease, wheat allergies, or gluten intolerance (or non-celiac gluten sensitivity). Varieties of gluten-free flours include those made from: almonds, amaranth, buckwheat, corn, garbanzo beans (or chickpeas), millet, quinoa, rice, sorghum, soybeans, and teff.