



## **EGG-FREE + BANANA-FREE Kitschy Kitchen Sink Pancakes!**

By Erin Fletter

**Prep Time 10 / Cook Time 8 / Serves 4 - 6**

### **Fun-Da-Mentals Kitchen Skills**

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

**stir:** to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

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

**fold:** to gently and slowly mix a light ingredient into a heavier ingredient so as not to lose air and to keep the mixture tender, such as incorporating whipped egg whites into a cake batter or folding blueberries into pancake batter; folding is a gentler action than mixing or whisking.

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

**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).

### **Equipment**

- Medium skillet
- Mixing bowl
- Cutting board + kid-safe knife
- Dry measuring cups
- Measuring spoons
- Liquid measuring cup
- Wooden spoon

Pancake turner or heat-resistant spatula

## Ingredients

### EGG-FREE + BANANA-FREE Kitschy Kitchen Sink Pancakes!

Dry ingredients:

1 1/4 C all-purpose flour **\*\* (for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)\*\***

1 T baking powder

1 pinch salt

Wet ingredients:

1 T sugar

1 C whole milk **\*\* (for DAIRY ALLERGY sub dairy-free/nut-free milk)\*\***

2 T water

2 T vegetable oil + more for cooking

Kitchen sink add-ins:

1 grated apple, carrot, zucchini, peeled red beet, small sweet potato, or pear

1 orange or lemon (for zest)

1/4 C fresh berries

1 C pretzels **\*\* (for GLUTEN ALLERGY omit or sub gluten-free/nut-free pretzels)\*\***

1 C potato chips **\*\* (Choose a NUT-FREE brand without peanut or other nut oil)\*\***

1/2 C grated coconut **\*\* (Omit for COCONUT ALLERGY)\*\***

1/4 C chocolate chips **\*\* (for CHOCOLATE ALLERGY sub carob chips and for NUT/DAIRY/SOY ALLERGY use Enjoy Life chocolate chips)\*\***

1/4 C raisins, dried cranberries, or chopped dried apricots

1/4 tsp ground cinnamon

1 pinch nutmeg

1 pinch cardamom

1 pinch pumpkin pie spice

1/4 tsp vanilla extract **\*\* (for GLUTEN ALLERGY use certified gluten-free brand, like McCormick)\*\***

# Food Allergen Substitutions

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**Gluten/Wheat:** Substitute gluten-free/nut-free all-purpose flour. Omit pretzels or sub gluten-free/nut-free pretzels for add-in. Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

**Dairy:** Substitute dairy-free/nut-free milk. Use Enjoy Life chocolate chips for add-in.

**Coconut:** Omit grated coconut for add-in.

**Chocolate:** Substitute carob chips for chocolate chips for add-in.

**Nut:** Choose a potato chip brand for add-in without peanut or other nut oil. Use Enjoy Life chocolate chips for add-in.

**Soy:** Use Enjoy Life chocolate chips for add-in.

## Instructions

### EGG-FREE + BANANA-FREE Kitschy Kitchen Sink Pancakes!

#### measure + add

Measure and add the dry ingredients to a mixing bowl: **1 1/4 cups flour, 1 tablespoon baking powder, and 1 pinch of salt**. Then measure and add the wet ingredients to a separate mixing bowl: **1 tablespoon sugar, 1 cup milk, 2 tablespoons water, and 2 tablespoons oil**.

#### add + fold

Add the dry ingredients to the bowl with the wet ingredients and fold until the flour disappears.

#### chop + add + stir

Chop, slice, grate, zest, crumble, or break apart whatever add-ins you've chosen, then add them to your pancake mixture and stir again until well combined.

#### melt + pour + flip

Melt butter or oil in a medium skillet over low heat. Add 1/4 cupfuls of batter to your skillet and cook pancakes for 2 to 3 minutes on one side until golden brown on the bottom, then carefully flip and cook the other side until golden brown. Serve pancakes with All Shook Up Chocolate Butter (see recipe)!

## 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.