**Pancakes**

6-8 pancakes

**Ingredients:**

1 cup all-purpose flour

1 Tablespoon sugar

3 teaspoons baking powder

½ teaspoon salt

¾ cup milk

1 Egg

2 Tablespoons vegetable oil

1. Preheat the oven to 375
2. Beat egg with fork
3. Pour dry ingredients into the bowl and then add the remaining ingredients (beaten egg, milk and oil)
4. For each pancake pour slightly less than ¼ c batter onto hot griddle.
5. When bubbles form, flip the pancake and continue to cook until golden brown

Day 1 – Write you name next to a job. All of the ingredients go into a paper bag.

1 Cup flour \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1 Tablespoon sugar \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1 Tablespoon baking powder \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

½ teaspoon salt \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*Everyone will clean up the counters.

Day 2.

|  |  |  |
| --- | --- | --- |
| Prep | Name | Clean |
| * Preheat griddle 375 * Crack egg into a custard cup |  | Laundry/kitchen set up |
| * Beat egg with a fork * pour dry mix into bowl * Mix wet and dry ingredients with a whisk. |  | Sanitize counters, table and sinks |
| * Measure oil 2 T |  | Dry dishes |
| * Measure ¾ c. milk |  | Wash dishes |

List the equipment needed for the following:

Eggs \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Vegetable oil \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Milk \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Baking powder \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Sugar \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Salt \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Complete the chart below to start thinking about food you could add to your pancakes.

|  |  |
| --- | --- |
| List 4 healthy choices you could add to your pancakes | List 4 treats you could add to your pancakes |
| 1. | 1. |
| 2. | 2. |
| 3. | 3. |
| 4. | 4. |