

Pancakes

Ingredients

- 1 cup all-purpose flour.
- 2 tablespoons white sugar.
- 2 teaspoons baking powder.
- 1 teaspoon salt.
- 1 egg.
- 1 cup milk.
- 2 tablespoons vegetable oil for batter.
- Cooking spray or oil for griddle or frying pan.
- Mix-ins of your choice (about 1 cup total): blueberries, chocolate chips, sliced bananas, or other favorites.

Materials

- 1-cup measuring cup.
- $\frac{1}{4}$ -cup measuring cup.
- 1 griddle or frying pan.

Directions

1. If you are using berries as one of your mix-ins, wash them in the sink.
2. Beat the egg with a fork in a small bowl.
3. In a large bowl, mix together flour, sugar, baking powder, and salt.
4. Pour in the milk, egg, and oil. Mix until smooth.
5. Add the mix-ins to the bowl and stir gently until they are evenly distributed.
6. Lightly oil the griddle or frying pan using cooking spray or oil. Heat over medium high heat.
7. Pour or scoop the batter onto the pan, using about $\frac{1}{4}$ -cup for each pancake.
8. Allow pancakes to cook on one side until air bubbles start to form around the edges.
9. Flip pancake using spatula. Cook until second side is golden brown.



Math Tips

- ★ Before you begin ask your child to count how many ingredients are on the counter.
- ★ Ask your child to make small groups of mix-ins: “Count out **six** blueberries.”
- ★ After your child counts, ask, “How many chocolate chips are there in all?”
- ★ Practice subtraction: “If we take away **one** chocolate chip and eat it, how many are left?”
- ★ **Extra Challenge:** Play a guessing game! Once the pancakes are all on a plate, have your child guess how many you made. Count them together to see if their guess was correct.

Adapted from:
[http://allrecipes.com/
recipe/45396/easy-pancakes/](http://allrecipes.com/recipe/45396/easy-pancakes/)