

# flower-power pancakes



Total Time: **30 minutes**

Prep Time: **10 minutes**

**ingredients** (Servings: 4 servings of five 3 1/2-inch pancakes )

1 large egg, beaten well

1 1/4 cups milk (whole, low-fat or skim)

2 Tablespoons butter or margarine, melted

1/2 teaspoon baking soda

1 1/4 cups sifted all-purpose flour

2 teaspoons granulated sugar

1 teaspoon baking powder

1/4 teaspoon salt

2 teaspoons vegetable oil or nonstick cooking spray, reserved for griddle or skillet

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2 cups fruit (raspberries, blueberries or sliced strawberries)

## Tools:

Flower-shaped cookie cutter

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## directions

**step 1:** Preheat oven to 200 degrees F and place baking sheet or oven-proof serving platter in oven on middle rack. Whisk together all ingredients (except reserved vegetable oil/cooking spray and fruit) in medium bowl until almost blended, about 30 seconds. Do not overmix. (There will be some lumps in the batter.) Let batter rest.

**step 2:** Heat large nonstick skillet or stovetop griddle over medium-high heat (375 degrees F for electric griddle) until drops of water skip across surface and evaporate. Lightly brush griddle with the

vegetable oil or spray with nonstick cooking spray.

**step 3:** Pour 2 Tablespoons batter from Step 1 onto heated griddle for each pancake. Flip pancakes with spatula when bubbles appear on pancake edges, about 1–2 minutes. Cook until steam rises from pancakes, about 30 seconds to 1 minute. Transfer to cutting board and let cool for 2 minutes.

**step 4:** Using a 3-inch flower-shaped cookie cutter, cut flowers out of pancakes. Transfer to baking sheet or serving platter in oven to keep warm until all pancakes are

done.

**step 5:** When all pancakes are finished (there should be about 20), remove from oven and serve immediately with 1/2 cup sliced fruit, butter and warm maple syrup.

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