

AMAZING PANCAKES



Print out this
blog post for an
interactive
recipe guide!

Gather up your
ingredients!
Check them off
when you have
added them to your
recipe!

Follow the
directions step by
step!
Check it off when
you have completed
a step.

GATHER UP YOUR INGREDIENTS!

- 1 cup self-rising flour
- 1/2 cup whole-wheat flour
- 2 tablespoons sugar
- 1 teaspoon cinnamon
- 1/4 cup chopped nuts (optional)
- 1 cup sweet potatoes,
cooked and mashed
- 3 eggs beaten
- 1 cup fat-free milk
- 2 tablespoons olive oil
- 1 tablespoon vanilla
- Cooking spray

In a medium bowl, combine flours, sugar and cinnamon. Add 1/4 cup nuts, optional

In separate medium mixing bowl, mix sweet potatoes, eggs, milk, oil and vanilla

Pour liquid mixture into the flour mixture and stir until the dry ingredients become wet. Be careful not to over stir.

Preheat griddle or skillet over medium-high heat. Spray with cooking spray. Drop batter mixture onto the prepared griddle by heaping tablespoon. Cook until golden brown, turning once with a spatula when the surface begins to bubble. Continue to cook until the other side is golden brown. Repeat process, making 12 pancakes.

FOLLOW THESE STEP BY STEP INSTRUCTIONS:

Fun Fact

Cinnamon comes from the bark of a cinnamon tree.

Cinnamon trees can grow to be 60 feet tall!

Prep time: 10 Minutes

Cook time: 15 minutes

Makes 6 Servings

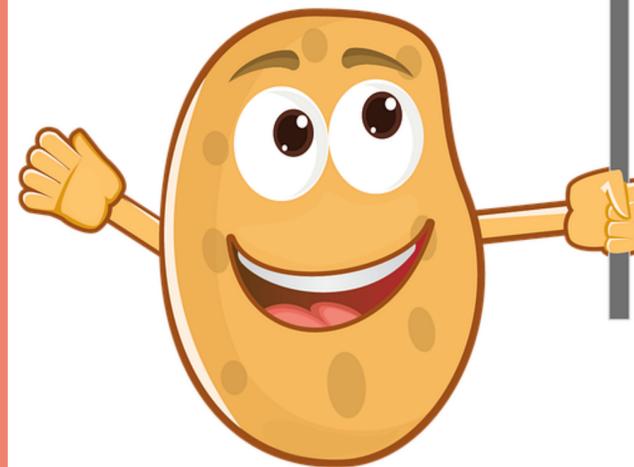
Servings size: 2
pancakes

Cost per recipe:

\$3.45

Cost per serving:

\$0.58



Did you know?
Our first President,
George Washington
grew sweet potatoes on
his farm in Mt. Vernon,
Virginia.

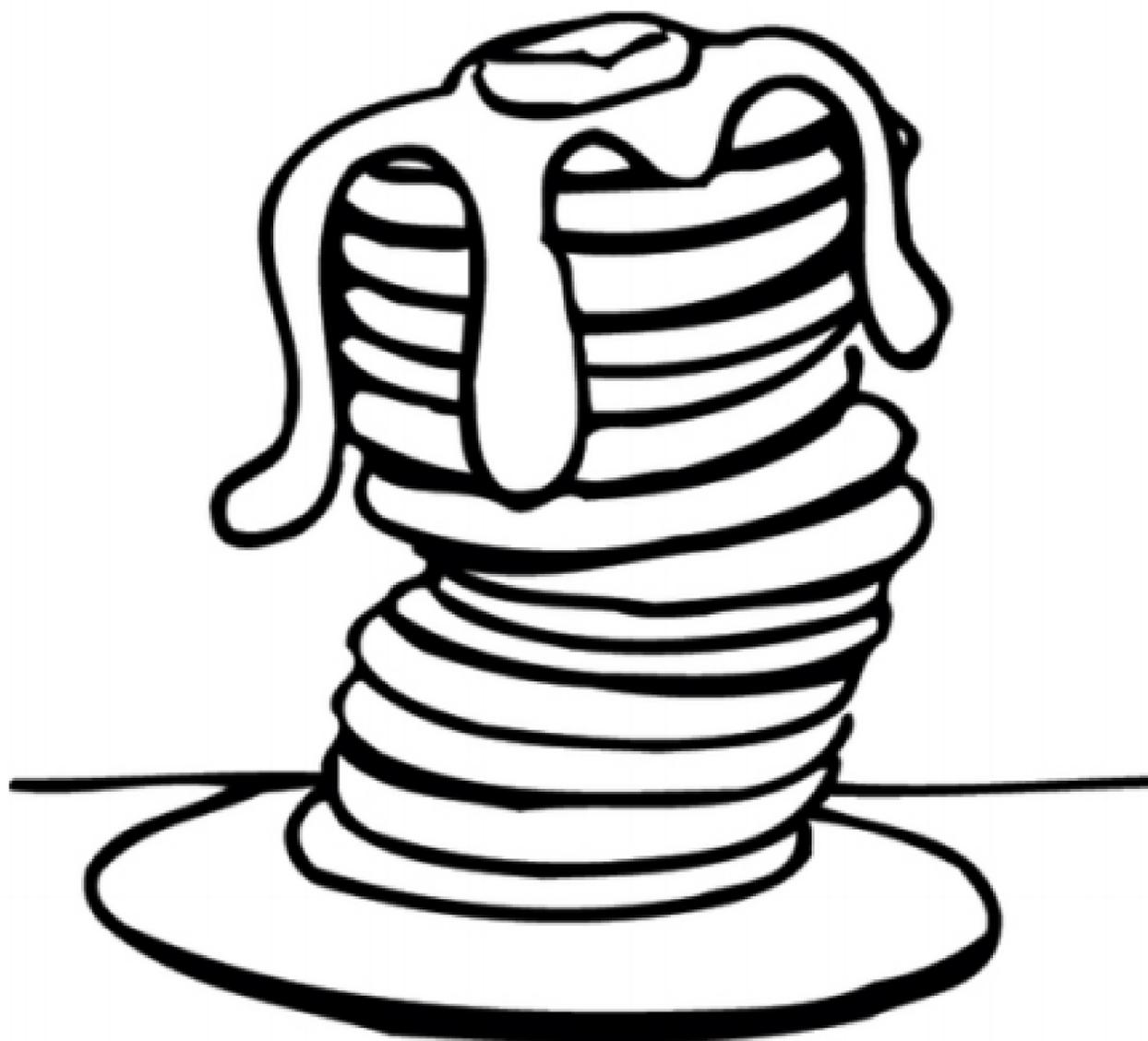
Nutrition Facts per serving:

260 Calories; 8 grams total fat; 1.5g saturated fat; 0 g trans fat; 95 mg cholesterol; 320 MG sodium; 39g carbohydrates; 3 g fiber; 10g sugar; 9g protein; 170% daily value of vitamin A; 10% daily value of vitamin C; 15% daily value of calcium; 10% daily value of iron

*Nutrition facts do not include nuts

Source: Brooke Jenkins-Howard, Curriculum Coordinator for Kentucky Nutrition Education Program, University of Kentucky Cooperative Extension Service

And While the grown-ups are cooking your
yummy pancakes, color some of your own!



Pancakes

Blank handwriting lines for practice.