

# Let's

# COOK

# PANCAKES

In the kitchen  
with

First Citizens

Power  
Savers



## COOKING SUPPLIES

- ▲ 1/4-cup measuring cup
- ▲ 1-cup measuring cup
- ▲ small and large mixing bowls
- ▲ griddle or frying pan

## 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 some other favorite

## DIRECTIONS

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

## QUICK 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 the mix-ins: "Count out six blueberries" etc.
- ▲ **PRACTICE ADDITION:**  
After your child counts out the small groups, ask them how many there are all together in the groups.
- ▲ **PRACTICE SUBTRACTION:**  
Ask "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, ask your child to guess how many you have made total. Count them together to see if their guess was correct.