

Mother Bear's Pancakes

Mix together in a medium sized bowl:

- 1 1/4 cups flour
- 3 1/2 teaspoons baking powder
- 1 teaspoon salt
- 1 Tablespoon sugar (optional)

Mix together with a fork in a different bowl:

- 1 1/4 cup milk
- 1 egg
- 3 Tablespoons oil (or melted butter)

Pour the milk mixture into the flour mixture and stir until it's combined. Let sit for 5 minutes.

Heat a frying pan on medium and put a little oil in the pan. Pour about 1/4 c. batter into the pan for each pancake. Then add flavors if desired!

Be creative with flavors!

You can make plain pancakes or add one of more of these yummy flavors. Sprinkle on top of your pancake when you first put the batter in the pan:

- Cinnamon or other spices
- Chocolate chips or mini chocolate chips (peanut butter chips?!)
- Chopped nuts like walnuts
- Dried fruit: raisins, dried cranberries, chopped dried fruits like apricots or apples

When bubbles form on the surface when cooking, flip over and cook the other side.

Be creative with toppings!

Serve your cooked pancakes plain or with one of more of these toppings:

- Butter
- Jam or jelly
- Chopped fresh fruit
- Honey
- Maple syrup
- Applesauce
- Flavored yogurt
- Whipped cream

What about a peanut butter and jelly pancake?

Add peanuts to the pancake when cooking. Top with grape jelly when done!

What flavor combinations did you try?



Mother Bear makes pancakes for breakfast while Patches the cat watches and Brother Bear waits. From "At Home with Books" by Katrina Morse.

