

Paul Bunyan's Fantastic Flapjacks

Ingredients:

1 adult, to supervise the stove or griddle

Dry Ingredients:

1 cup flour
2 teaspoons baking powder
1/2 teaspoon salt (don't forget the salt!)
1/2 teaspoon sugar
1/4 teaspoon cinnamon

Liquid Ingredients:

2 eggs
3/4 cup milk
1 tablespoon cooking or vegetable oil

Batter:

Sift dry ingredients in a bowl. In another bowl, beat together the eggs and oil. Gently fold in the liquid ingredients to the dry ingredients with a wooden spoon until mixed – do not beat the batter. Add half the milk. Fold some more. Add the rest of the milk. Your batter will be like a thick goopy liquid. Don't worry if there are a few little lumps in it – for pancakes that's a good thing.

Hint: batter is better if you make it the day before and keep it in the fridge overnight!

Frying:

Very lightly grease a frying pan or rub the griddle with cooking oil, margarine, or butter. Have an adult turn the stove or griddle on to medium heat. It should be hot enough that when an adult drops a drop of water on it, it bounces! Drop a ladle full of batter for each flapjack onto the griddle – slowly, so it doesn't get too big. Don't move it around, but let it gently cook until the top starts to bubble. Be patient, this step can take 5 - 10 minutes! The bottom should be golden by now and should lift with a firm spatula. Flip the flapjack and cook until golden on the other side.

Serving:

Serve with a teaspoon of fresh butter and a drizzle of real maple syrup for a Paul Bunyan-tastic breakfast!

Eat a balanced breakfast and get fresh air and exercise every day, and who knows – maybe you'll grow up to be as big as Paul!

Babe's Blueberry Blast

Try the Flapjack recipe but add a cup of fresh or frozen blueberries!

Hint: add them to the dry ingredients so they don't sink in the batter.

Buzz and Honey's Bee-squito Bonanza

Try the Flapjack recipe with the addition of 1/2 cup of honey!

Top with bananas and more honey!

