Who Grew My Lunch?  
Food Literacy Suggested Activities

Let's Make Pancakes!

**Ingredients**
1 C. flour  
1 C. milk  
2 eggs  
Butter (for griddle)  
Maple syrup  
Blueberries (not required)

**Utensils**
Electric griddle, measuring cups, bowl for mixing, mixing spoon, spatula, paper plates, and plastic forks.

**Directions**
1. In a large bowl, add the cup of flour, then, add the milk and eggs. Mix all the ingredients together.
2. Heat a lightly buttered griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.