



Blueberry Pancakes

You Need

- ½ Cup all purpose flour
- ½ Cup whole wheat flour
- 1 Teaspoon baking powder
- ½ Teaspoon baking soda
- 1 Tablespoon vegetable oil
- 1 Egg
- 1 Cup plain yogurt
- ¼ Cup milk
- ¾ Cup Blueberries

Combine flours, baking powder and baking soda in a large bowl. In a separate bowl, mix together oil, egg, yogurt, and milk. Add the yogurt mixture to the flour mixture and stir just until combined. Gently fold in blueberries. Spoon small amounts of the batter onto a hot griddle/frying pan. Makes twelve to fourteen 3 inch pancakes.

Cooking Skills

- Let the children help measure and mix together ingredients.
- Set out all of the ingredients. Let your children divide the ingredients into two groups “dry” and “wet”.
- Let your children watch while you spoon the pancake batter onto the frying pan. Have them observe what happens to the batter. Ask them to think of reasons why you must use a spatula to turn the pancakes.
- Let your children serve the pancakes with a spatula.



Discovering Colours

- Talk with your children about the colour blue. Ask them to find the blueberries in their pancakes.
- Have the children name other things that are blue.
- Let the children count the number of blueberries in their pancakes.
- Give the children uncooked blueberries and let them compare them to the cooked ones in their pancakes. Ask them to tell you how they are alike and how