



## **Breakfast Buffet with Sweet Pancake Tacos and DIY Topping Extravaganza + Fruity Smoothies**

By Dylan Sabuco

**Prep Time** 25 / **Cook Time** 20 / **Serves** 4 - 6

### **Shopping List**

☐ FRESH

☐ 1 lemon or orange

☐ 1 C strawberries, blueberries, or cherries

☐ 1 banana

☐ 1 apple or pear

☐ DAIRY AND EGGS

☐ 3 large eggs **\*\*(see allergy subs below)\*\***

☐ 1 C plain yogurt **\*\*(see allergy subs below)\*\***

☐ PANTRY

☐ 2 C all-purpose flour **\*\*(see allergy subs below)\*\***

☐ 1/2 tsp baking powder

☐ 3 T granulated sugar

☐ 1/2 tsp pure vanilla extract **\*\*(see allergy subs below)\*\***

☐ 1/4 tsp salt

☐ 3 T vegetable oil **\*\***

☐ 1/4 C honey

☐ HAVE ON HAND

☐ 3 C water

☐ TOPPING OPTIONS—choose 1 to 2 from fruit and 1 to 2 from other toppings \*\* (Omit any options below if allergies are present)\*\*

☐ Fruit:

☐ 1 C strawberries

☐ 1 C blueberries

☐ 2 bananas

☐ 2 apples

☐ 2 pears

☐ 1 C pitted, frozen cherries

☐ 1 8-oz can pineapple

☐ Other toppings:

☐ 2 T cocoa powder

☐ 2 tsp ground cinnamon

☐ 1/2 C coconut flakes

☐ 1/2 C maple syrup

☐ 1/2 C honey

☐ 1/2 C sunflower butter + 2 T honey

☐ 1/2 C chocolate chips

☐ 1/2 C plain yogurt + 2 T honey

☐ 1/2 C fruit jam, your choice

☐ 1/2 C cream cheese spread

☐ 1/3 C spreadable butter

☐ whipped cream

☐ sprinkles

## **Fun-Da-Mentals Kitchen Skills**

**stir:** to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**chop:** to cut something into small, rough pieces using a blade.

**fry:** to cook in a pan in a small amount of fat.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**pour:** to cause liquid, granules, or powder to stream from one container into another.

## Equipment

- ☐ Skillet or frying pan
- ☐ Large mixing bowl
- ☐ Dry measuring cups
- ☐ Liquid measuring cup
- ☐ Measuring spoons
- ☐ Whisk
- ☐ Heat-resistant spatula or pancake turner
- ☐ Zester (or grater with small zesting plate/side)
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Small bowls to hold toppings
- ☐ Blender (or pitcher + immersion blender)
- ☐ Citrus squeezer (optional)

## Ingredients

### Breakfast Buffet with Sweet Pancake Tacos and DIY Topping Extravaganza

- ☐ 3 large eggs **\*\*(for EGG ALLERGY sub 3 T chia seeds + 6 T water—more info below)\*\***
- ☐ 2 C all-purpose flour **\*\*(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)\*\***
- ☐ 1/2 tsp baking powder

- ☐ 1 C water
- ☐ 3 T granulated sugar
- ☐ 1/2 tsp pure vanilla extract **\*\***(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)**\*\***
- ☐ 1/4 tsp salt
- ☐ 3 T vegetable oil **\*\***
- ☐ Topping options—choose 1 to 2 from fruit and 1 to 2 from other toppings **\*\***(Omit any options below if allergies are present)**\*\***
- ☐ Fruit:
- ☐ 1 C strawberries
- ☐ 1 C blueberries
- ☐ 2 bananas
- ☐ 2 apples
- ☐ 2 pears
- ☐ 1 C pitted frozen cherries
- ☐ 1 8-oz can of pineapple
- ☐ zest of 1 orange
- ☐ zest of 1 lemon
- ☐ Other toppings:
- ☐ 2 T cocoa powder
- ☐ 2 tsp ground cinnamon
- ☐ 1/2 C coconut flakes
- ☐ 1/2 C maple syrup
- ☐ 1/2 C honey
- ☐ 1/2 C sunflower butter + 2 T honey
- ☐ 1/2 C chocolate chips **\*\***(for CHOCOLATE ALLERGY sub carob chips; for DAIRY/NUT/SOY ALLERGY use Enjoy Life brand chocolate chips)**\*\***
- ☐ 1/2 C plain yogurt + 2 T honey

- ☐ 1/2 C fruit jam, your choice
- ☐ 1/2 C cream cheese spread
- ☐ 1/3 C spreadable butter
- ☐ whipped cream
- ☐ sprinkles

## Bodaciously Bold Fruity Smoothies

- ☐ 1 C strawberries, blueberries, or cherries
- ☐ 1 banana
- ☐ 1/4 C honey, maple syrup, or granulated sugar
- ☐ 1 C plain yogurt **\*\*(for DAIRY ALLERGY sub dairy-free/nut-free yogurt)\*\***
- ☐ 2 C water
- ☐ 1 apple or pear
- ☐ juice of 1 lemon or orange

## Food Allergen Substitutions

### Breakfast Buffet with Sweet Pancake Tacos and DIY Topping Extravaganza

**Egg:** For 3 large eggs, substitute 3 T chia seeds + 6 T water. Soak in warm water for 5 minutes or until fully absorbed and thickened. Stir constantly to prevent clumping.

**Gluten/Wheat:** Substitute gluten-free/nut-free all-purpose flour. Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

**Chocolate:** Substitute carob chips for chocolate chips.

**Dairy/Nut/Soy:** Use Enjoy Life brand chocolate chips.

## Bodaciously Bold Fruity Smoothies

**Dairy:** Substitute dairy-free/nut-free yogurt.

## Instructions

### Breakfast Buffet with Sweet Pancake Tacos and DIY Topping Extravaganza

intro

Pancakes are a breakfast staple all over the globe and have origins that trace as far back as the Stone Age. This Sticky Fingers Cooking® pancake recipe will turn pancakes into more of a party food than breakfast food. Everyone at your pancake extravaganza will have at least one pancake to hold in their hand, taco-style. Kids can fill, drizzle, and sprinkle all kinds of toppings on their pancake taco and devour it! Your kids and friends will have a blast making their own breakfast buffet!

#### measure + mix

In a large mixing bowl, crack in **3 large eggs** and measure **2 cups flour, 1/2 teaspoon baking powder, 1 cup water, 3 tablespoons sugar, 1/2 teaspoon vanilla extract, 1/4 teaspoon salt, and 3 tablespoons vegetable oil**. Then, whisk to combine as smoothly as you can. There should be little to no lumps.

#### fry + serve

In a skillet or large frying pan over medium heat, pour in 1/4 cup of batter in small circles. Allow each pancake to cook undisturbed for 2 to 3 minutes. You will notice bubbles form on top of the pancake. This is the leavening (or rising) process happening before your eyes. You are looking at baking powder becoming carbon dioxide and rising its way out of the pancake through steam. Once bubbles form on the surface of the pancake, pop, and leave a little crater, flip the pancake over and cook for 1 more minute on the other side. Continue cooking 3 to 4 pancakes at a time until all the batter is gone.

#### chop + measure + mix

While the pancakes are cooking, work on the toppings. You can choose as many **toppings** from the list as you would like for your family. Citrus fruit will need to be washed and zested, and other fruit will need to be roughly chopped. The ingredients that drizzle, like yogurt or sunflower butter, can be turned into a sauce with the addition of honey. Place each topping at your favorite breakfast spot and start building your breakfast buffet. Each person at your pancake extravaganza can choose which toppings they want on their pancake tacos.

#### sprinkle + drizzle

Once each person has their toppings and at least 1 pancake, then they can sprinkle, scoop, and drizzle all the toppings onto their pancake.

#### fold + devour

Finally, fold the pancakes taco-style and pick them up to devour! No forks required for these pancakes! Eat and Enjoy!

### Bodaciously Bold Fruity Smoothies

#### measure + blend

Start by measuring and pouring **1 cup strawberries, blueberries, or cherries, 1 banana, 1/4 cup honey, 1 cup yogurt, and 2 cups water** into a blender (or pitcher for use with an immersion blender). Next, slice **1 apple or pear** into chunks, avoiding the core. Place the apple or pear in the pitcher and

blend until smooth.

### slice + squeeze

Slice **1 lemon or orange** in half. Then, squeeze the juice into the smoothie. Quickly blend for a few seconds to incorporate the juice. Pour into cups and enjoy! Cheers!

## Featured Ingredient: Berries!

Hi! I'm a Berry!

"To be specific, I'm an edible berry. We might be sweet or sour, colorful, juicy, and delicious! People around the world eat us alone, with other foods, and in jams, preserves, and pies! Yum! Did you know that bananas, pumpkins, tomatoes, and watermelons are technically berries!"

Thousands of years ago, before crops were domesticated, hunter-gatherers picked wild berries, an activity people still enjoy doing today.

Berry cultivation may have begun as early as the 10th century in Japan, the 14th century in Europe, and the 18th century in the United States.

The word "berry" comes from the Old English "berie," from the German "beere."

Globally, strawberries are grown twice the amount of any other berry, although strawberries, blackberries, and raspberries are not actual berries, botanically speaking—they are aggregate fruits.

Botanical berries include blueberries, cranberries, elderberries, gooseberries, lingonberries, and persimmons.

Berries are a wonderful snack eaten by themselves or added to cold and hot cereal. But they are equally delightful when made into preserves, jams, and sauces. In addition, berries are often used in baked goods like cakes, cobblers, muffins, and pies.

Berries are often called a "superfood" and are recommended by doctors and nutritionists for a healthy diet. They are high in antioxidants and fiber, and many have essential nutrients like vitamin C, helping to protect against cancer and chronic disease.