



## Sneaky Snickerdoodle Pancakes + Warm Vanilla Sauce + Snickerdoodle Smoothies

By Erin Fletter

**Prep Time** 20 / **Cook Time** 15 / **Serves** 4 - 6

### Shopping List

FRESH AND FROZEN

2 Granny Smith apples

2 frozen bananas

DAIRY

3 3/4 C milk **\*\***(see allergy subs below)**\*\***

2 T butter (1 T is to grease pan, or use vegetable oil or spray) **\*\***(see allergy subs below)**\*\***

PANTRY

3/4 C all-purpose flour **\*\***(see allergy subs below)**\*\***

2 tsp baking powder

1 tsp cream of tartar

1 3/4 tsp ground cinnamon + more for sprinkling

7 T + 2 tsp granulated sugar, honey, or 4 tsp stevia

1 pinch salt

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

1 T cornstarch

### Fun-Da-Mentals Kitchen Skills

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like

measuring cups or spoons).

**boil:** to cook a food in liquid heated to the point of gas bubbles and steam forming (boiling point is 212 F at sea level).

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

**grate:** to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

**whisk:** to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

**spoon:** to pick up and move food with a spoon from one place to another.

**flip:** to turn food, like a pancake or fritter, over to cook on its other side or to coat both sides of food with batter or glaze.

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls) and Rock and Saw.

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

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

## Equipment

- Skillet
- Small saucepan
- Large mixing bowl
- Dry measuring cups
- Measuring spoons
- Whisk
- Grater or cutting board + kid-safe knife
- Liquid measuring cup
- Scoop or spoon
- Heat-resistant spatula turner or pancake turner
- Blender (or pitcher + immersion blender)
- Cutting board
- Kid-safe knife

- Measuring spoon

## Ingredients

### Sneaky Snickerdoodle Pancakes with Warm Vanilla Sauce

#### Pancakes:

- 3/4 C all-purpose flour **\*\* (for CELIAC/GLUTEN ALLERGY sub 3/4 C gluten-free/nut-free all-purpose flour)\*\***
- 2 tsp baking powder
- 1 tsp cream of tartar
- 1 tsp ground cinnamon + more for sprinkling
- 1 T + 2 tsp granulated sugar (or 1 tsp stevia)
- 1 pinch salt
- 1 Granny Smith apple
- 1/2 C milk **\*\* (for DAIRY ALLERGY sub dairy-free/nut-free milk)\*\***
- 1 tsp pure vanilla extract **\*\* (for CELIAC/GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)\*\***
- 1 T butter, vegetable oil, or cooking spray to grease pan **\*\* (for DAIRY ALLERGY sub 1 T dairy-free/nut-free butter OR use vegetable oil or spray)\*\***

#### Sauce:

- 3 T granulated sugar, honey, or 1 1/2 tsp stevia
- 1 T cornstarch
- 1/2 tsp ground cinnamon
- 1 1/4 C milk **\*\* (for DAIRY ALLERGY sub 1 1/4 C dairy-free/nut-free milk)\*\***
- 1 T butter **\*\* (for DAIRY ALLERGY sub 1 T dairy-free/nut-free butter)\*\***
- 1 tsp pure vanilla extract **\*\* (for CELIAC/GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)\*\***

### Snickerdoodle Smoothies

- 1 Granny Smith apple
- 2 frozen bananas
- 2 C milk **\*\* (for DAIRY ALLERGY sub 2 C dairy-free/nut-free milk)\*\***

☐ 3 T granulated sugar, honey, or 1 1/2 tsp stevia

☐ 1/2 tsp pure vanilla extract **\*\***(for CELIAC/GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)**\*\***

☐ 1 dash ground cinnamon

## Food Allergen Substitutions

### Sneaky Snickerdoodle Pancakes with Warm Vanilla Sauce

**Celiac/Gluten/Wheat:** For 3/4 C all-purpose flour, substitute 3/4 C gluten-free/nut-free all-purpose flour. Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

**Dairy:** For 1/2 C milk in Pancakes, substitute 1/2 C dairy-free/nut-free milk. For 1 1/4 C milk in Sauce, substitute 1 1/4 C dairy-free/nut-free milk. For 1 T butter to grease the pan, substitute 1 T dairy-free/nut-free butter OR use vegetable oil or spray. For 1 T butter in Sauce, substitute 1 T dairy-free/nut-free butter.

### Snickerdoodle Smoothies

**Dairy:** For 2 C milk, substitute 2 C dairy-free/nut-free milk.

**Celiac/Gluten/Wheat:** Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

## Instructions

### Sneaky Snickerdoodle Pancakes with Warm Vanilla Sauce

#### intro

Hallo" (HAH-low) or "Guten tag" (GOO-ten tahk), which is "Hello" or "Good day (or afternoon)" in German! The name "snickerdoodles" may come from a German word used for cinnamon rolls: "schneckenudeln," meaning "snail noodles!"

#### preheat + grease

Preheat your skillet to medium-low and coat it lightly with butter, oil, or cooking spray.

#### measure + whisk

To a large mixing bowl, have your kids measure and add **3/4 cup flour, 2 teaspoons baking powder, 1 teaspoon cream of tartar, 1 teaspoon cinnamon, and 1 tablespoon plus 2 teaspoons sugar.**

Whisk together well. Practice some German counting while you whisk: 1 eins (ines), 2 zwei (svie), 3 drei (dry)!

#### grate + chop + whisk

Have kids use a grater or kid-safe knife to grate or chop **1 Granny Smith apple** into tiny bits and add them to a medium bowl. Next, kids can add **1/2 cup milk and 1 teaspoon vanilla extract** to the grated or chopped apple. Have kids stir the apple bits into the milk and vanilla. Then ask kids to carefully add the wet ingredients to the dry ingredients and whisk well to combine.

#### spoon + flip

Spoon 1/4 cup of batter onto your preheated skillet for each pancake. Cook for 4 to 5 minutes, flip, and cook the other side for another 4 to 5 minutes or until golden brown. Keep the pancakes warm in the oven while you make the Warm Vanilla Sauce.

#### measure + whisk

In a cold saucepan, off the stove, have your kids measure in **3 tablespoons sugar, 1 tablespoon cornstarch**, and **1/2 teaspoon cinnamon**. Have them stir in **1 1/4 cup of milk** and whisk until smooth. Then add **1 tablespoon of butter** to the pan.

#### boil + whisk

Adults put the saucepan on the stove over medium heat, whisking constantly until boiling. Keep whisking! Boil about 2 full minutes (careful with kids around) or until slightly thickened. Take off the heat and stir in 1 teaspoon of vanilla extract.

#### scrumptious science

In the above step, you will use the gelling power of cornstarch. Cornstarch is a powder derived from the cellulose present in all plant cells. In its natural form, cellulose is like microscopic gelatin. It protects plant cells by cushioning them and filling in all the empty spaces in a cell. In this recipe, we use a powder version with all the liquid removed. When we add this dry cornstarch to a wet mixture, like a sauce, the cornstarch will absorb the liquid, and the cellulose will start to thicken our milk and vanilla into a luscious sauce.

#### serve + top

Transfer the pancakes to kids' plates and top with Warm Vanilla Sauce. Before kids take a bite, they can shout, "Diese Schneckenudeln sind köstlich" (DEE-zuh SHNECK-en-nud-eln zindt KUST-leek) or "These snail noodles are delicious" in German!

### Snickerdoodle Smoothies

#### chop + blend

Have your kids chop **1 Granny Smith apple** and add it to your blender (or pitcher for use with an immersion blender). Next, kids can add **2 frozen bananas, 2 cups milk, 3 tablespoons sugar or honey, 1/2 teaspoon vanilla extract**, and **1 dash of cinnamon** together with the chopped apple and blend until smooth and creamy! Enjoy!

# Featured Ingredient: Cinnamon!

Hi! I'm Cinnamon!

"Did you know that I'm a spice that comes from the inner bark of certain trees?! You can add me to both sweet and savory foods. Recipes generally call for ground cinnamon, but you can also use cinnamon sticks, dried strips of my bark that curl into a tube shape, to flavor apple cider, stews, curries, and more. Just don't forget to remove the stick before serving! And, what's more, I can make your kitchen and home smell wonderful!"

## History

Some people say the best kind of cinnamon, referred to as the "true cinnamon" and called Ceylon, is native to an island southeast of India called Sri Lanka. It has a more subtle flavor than other types. The most common cinnamon in use today, though, is derived from Cassia, which originated in China.

Cinnamon is an ancient spice. It was imported to Egypt in about 2000 BCE. The ancient Egyptians used cinnamon together with myrrh to embalm the dead. They considered cinnamon to be more valuable than gold!

## Anatomy & Etymology

Cinnamon is the inner bark of some tree species of the genus *Cinnamomum*. Cinnamon trees can grow about 60 feet tall.

Cinnamon farmers begin to harvest cinnamon when the tree reaches two years old. They cut the tree back so that shoots form from the stump. After one more year, the farmers strip the outer bark from the shoots and set the peels out to dry in the sun.

When the bark dries, it curls into "quills," which are the sticks that are cut and sold as cinnamon sticks. They can also be ground into powdered cinnamon, which is how much of the cinnamon we see is sold in stores. So, what do a porcupine and a cinnamon tree have in common? They both grow quills!

The word "cinnamon" comes from late Middle English derived from the Old French form, "cinnamome," from the Greek "kinnamon." The Greek was borrowed from a Phoenician word, which was similar to the related Hebrew word "qinnāmōn."

## How to Pick, Buy, & Eat

Cinnamon is harvested twice a year, immediately after the rainy season. The humidity in the air makes the bark peel more easily.

The bark is typically peeled by hand by skilled peelers.

The quality of cinnamon is judged by the thickness of the bark, the appearance of the quills (broken or whole), the aroma, and the flavor.

Cinnamon is a spice used to add flavor to a variety of dishes. For example, it may be added to desserts, chocolate, toast (in cinnamon sugar), fruit (especially apples), roasted veggies, soups, tea, and hot cocoa. It's also good in savory dishes like Bavarian pot roast, Moroccan chicken, and Indian curry.

## Nutrition

It is best to eat cinnamon in small doses in its ground form, sprinkling it on top of food or adding a small teaspoon to food. Eating too much cinnamon could cause adverse health effects.

Cinnamon has one of the most recognizable scents. Its pungent, spicy smell is due to the chemical called "cinnamaldehyde." This chemical is considered an antioxidant that has some anti-inflammatory and antibacterial properties.

Cinnamon is believed to regulate the sugar in our blood and possibly lower cholesterol; however, study findings aren't clear.

Cinnamon oil can keep mosquitoes away! It kills mosquito larvae and probably repels adult mosquitoes, too.