



Buddy's Breakfast Pancake Spaghetti

By Dylan Sabuco

Prep Time 10 / **Cook Time** 15 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

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

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

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

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

Equipment

- ☐ Skillet
- ☐ Cutting board + kid-safe knife
- ☐ Large mixing bowl
- ☐ Dry measuring cups
- ☐ Liquid measuring cup
- ☐ Measuring spoons
- ☐ Whisk
- ☐ Squeeze bottle (or ladle—results will be different)
- ☐ Tongs

Ingredients

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- ☐ 2 C all-purpose flour ******(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)******

- ☐ 1 tsp baking powder
- ☐ 2 C water
- ☐ 1/4 C brown sugar
- ☐ 1/2 C vegetable oil **, divided, + more during cooking if needed
- ☐ 2 eggs **(for EGG ALLERGY sub 2 T flax seed + 1/4 C warm water—more info below)**
- ☐ Add-ons inspired by Buddy's four major food groups: candy, candy canes, candy corn, and syrup. Pick as many as you want:
- ☐ chocolate chips **(Omit for CHOCOLATE ALLERGY or sub carob chips. Omit for DAIRY/NUT/SOY ALLERGY or use Enjoy Life chocolate chips.)**
- ☐ cinnamon
- ☐ crumbled nut-free cookies **(Omit for GLUTEN ALLERGY or use gluten-free/nut-free cookies)**
- ☐ sprinkles **(for GLUTEN ALLERGY use certified gluten-free sprinkles)**
- ☐ honey
- ☐ raspberries
- ☐ blueberries
- ☐ blackberries
- ☐ strawberries
- ☐ bananas

Food Allergen Substitutions

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Gluten/Wheat: Substitute gluten-free/nut-free all-purpose flour. Substitute gluten-free/nut-free cookies for optional topping. Use certified gluten-free sprinkles for optional topping.

Soy: Substitute canola oil or other nut-free high-smoking point oil for vegetable oil, which usually contains soy.

Eggs: For 2 eggs, substitute 2 T flaxseeds + 1/4 C warm water. Stir and soak flaxseeds in warm water for 5 minutes or until fully absorbed and thickened.

Chocolate: Omit chocolate chips for optional topping or sub carob chips.

Dairy/Nut/Soy: Omit chocolate chips for optional topping or use Enjoy Life chocolate chips.

Instructions

Buddy's Breakfast Pancake Spaghetti

intro

This week's recipe will fill you with cheer and make you want to "sing loudly for all to hear!" Growing up, I loved the movie "Elf," and I always thought the idea of eating spaghetti for breakfast, lunch, and dinner was genius. So, let's make it real, and instead of combining spaghetti with an elf's four major food groups (candy, candy canes, candy corn, and syrup), let's make our spaghetti out of pancake batter and top it off with fruits, syrup, or even cookie crumbles if you're feeling a little wild! Don't take yourself too seriously with this recipe, and remember to have a blast making some wacky and delicious Buddy's Breakfast Pancake Spaghetti.

measure + crack + whisk

Have your kids measure **2 cups flour**, **1 teaspoon baking powder**, **2 cups water**, **2 eggs**, **1/4 cup brown sugar**, and **1/4 cup vegetable oil** into a large mixing bowl. Then, crack **2 eggs** into the same bowl and start whisking until smooth.

pour + preheat

Preheat a skillet to medium heat. Measure and carefully pour in **1/4 cup oil**. Meanwhile, pour the batter into a squeeze bottle.

recipe note

This dish requires a squeeze bottle to drizzle the batter thinly. Without one, you can use a ladle, but it will be difficult to make the correct shape. Also, make sure to have a small amount of oil on hand. You might need to add more as you cook. If the pan is dry, your pancake spaghetti will also be dry, making it difficult to twirl.

fry + twirl

Hold the squeeze bottle over another mixing bowl to catch any spills while pouring the batter into the squeeze bottle. Squeeze the batter into the hot oil in long strips. While doing this step, try to drizzle the batter in the pan as thinly as possible. This way the pancake batter will look like long spaghetti noodles. The pancake batter will only take about 1 minute to cook on the first side. Using tongs, gently twirl the pancake spaghetti around the pan. Cook for another 1 minute while twirled, and then remove the pancake spaghetti from the pan and place in a bowl to serve. Repeat this process until everyone has a serving of the pancake spaghetti. Take a look at our **TikTok** visual guide.

chop + sprinkle + garnish

Decide which of the **toppings** you will be using and sprinkle, chop, and decorate the pancake spaghetti. Finally, drizzle with some Super Simple Syrup (see recipe) and enjoy! With a belly full of these tasty pancake noodles, you will surely be ready for any snowball fights and snowman builds that come your way.

Featured Ingredient: Sugar!

Hi! I'm Sugar!

"I'm very sweet and can sweeten lots of foods, especially candy and desserts. I also provide a lot of energy! You can find me in powdered, granular, and liquid form, and I am either white or brown. You don't want too much of me—well, you may, but too much wouldn't be healthy!"

The New Oxford American Dictionary defines sugar as "a sweet crystalline substance obtained from various plants, especially sugar cane and sugar beet, consisting essentially of sucrose, and used as a sweetener in food and drink."

Sugar cane has grown in the Indian subcontinent and Southeast Asia since 4,000 BCE. People initially extracted its juicy sweetness by chewing on the raw sugar cane. India learned how to get sugar crystals from the juice and refine the sugar, and eventually, those methods spread to other countries, like China. Before and during that time, honey had been used around the world as a natural sweetener.

Today, Brazil produces the most sugar worldwide, followed by India and China.

Sugar cane comes from the genus *Saccharum* and is considered a species of giant grasses! The plants grow from 6 to 20 feet tall. Their fibrous stalks are rich in sucrose, a sugar composed of glucose and fructose.

Sugar is made in plants by photosynthesis, the process that turns sunlight into energy.

The plants are grown primarily in tropical climates. The first sugar cane to be planted in the United States was in 1751 by French Jesuit priests in New Orleans, Louisiana. Today, sugar cane is grown in the US states of Florida, Louisiana, and Texas.

Sugar cane was introduced to Hawaii in about 600 CE. It was produced there commercially from 1802 until the last sugar mill closed in 2016.

Sugar cane is harvested by chopping down the stalks but leaving the roots so that they regrow in time for the next harvest. At the sugar mill, they wash, shred, and press the stalks to extract the juice. The juice is boiled until it thickens and then crystallizes. The crystals are then spun in a centrifuge to remove the liquid, producing raw sugar.

The raw sugar is sent to a refinery to be melted into sugar syrup and purified, which also produces molasses. The sugar is crystallized again from the syrup, and the crystals are dried and packaged.

Sugar beets were first identified as a source of sugar in the 16th century by French author and scientist Olivier de Serres, who found that boiling a red beet produced sugar syrup. Since cane sugar was readily available and tasted better, his process did not become widespread.

Later, in 1747, a German science professor from Berlin, Andreas Sigismund Marggraf, used a white beet to make sugar similar to cane sugar; however, his method was never commercially produced.

Marggraf's student, Franz Karl Achard, experimented with different beet varieties and selected a strain that would become the precursor of the modern sugar beet. Achard opened the first sugar beet factory in 1801 in what is now Poland.

The beets are harvested in the fall and early winter by digging them out of the ground. They are sliced and boiled to extract the sugar.

The white sugars include granulated, powdered (or confectioners'), fruit (or fructose), superfine (or caster), baker's special (superfine and quick-dissolving), coarse, and sanding.

The brown sugars include light and dark brown, granulated brown, turbinado or raw, and muscovado (or

Barbados). The sugars are brown due to their molasses content. The amount of molasses in commercial brown sugar based on volume is three and a half percent for light brown sugar and six and a half percent for dark brown sugar.

Liquid sugar is white granulated sugar dissolved in water or sugar syrup. However, molasses, corn syrup, maple syrup, and honey are also liquid and considered sugar.

Sugar adds sweetness to foods but can also aid in browning, rising, and tenderizing dough and other foods. Although sugar is added to desserts, it can also be added to savory dishes to enhance flavor and balance the acid and salt in a dish.

When heated, sugar is caramelized, creating a brown and sweet nutty flavor for making candy and a delicious sauce for ice cream and other desserts. Cooking fruit and vegetables long enough for the sugars in them to caramelize helps them to develop a rich, nutty flavor.

Sugar by itself is a source of carbohydrates and energy; however, its calories are considered empty calories, as it has no other nutrients or health benefits. None of the sugar varieties are more nutritious than others.

Not only can too much sugar make you way too active and keep you awake at night, but excessive consumption of sugar in any form contributes to the possibility of damaging health effects, such as obesity, type 2 diabetes, cardiovascular disease, cancer, and tooth decay.