



Freckled Magic Swirl Pancakes

By Erin Fletter

Prep Time 40 / **Cook Time** 10 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

melt: to heat a solid food so it becomes liquid, like butter or chocolate.

swirl: to create a swirl design by lightly stirring a food with a toothpick, or other cooking or eating utensil, in a circular or other pattern.

toast: to brown and crisp food in a heated skillet or oven, or in a toaster.

Equipment

- ☐ Skillet
- ☐ Measuring spoons
- ☐ Dry measuring cups
- ☐ Whisk
- ☐ Liquid measuring cup
- ☐ Quart-sized ziplock bag
- ☐ Kid or kitchen scissors
- ☐ Medium mixing bowl
- ☐ Pancake turner

Ingredients

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☐ Cinnamon swirl:

☐ 4 T unsalted butter ******(for DAIRY ALLERGY sub dairy-free/nut-free butter, like Earth Balance, or vegetable

oil)**

- ☐ 2 tsp ground cinnamon **(for CINNAMON ALLERGY sub cocoa powder, nutmeg, or allspice)**
- ☐ 1/4 C packed brown sugar
- ☐ Pancakes:
- ☐ 1 C all-purpose flour **(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour + more milk if needed)**
- ☐ 2 tsp baking powder
- ☐ 1/2 tsp salt
- ☐ 1 C milk **(for DAIRY ALLERGY sub dairy-free/nut-free milk)**
- ☐ 1 egg **(for EGG ALLERGY sub additional baking powder + vegetable oil—more info below)**
- ☐ 1 T vegetable oil
- ☐ 1 T butter for cooking **(for DAIRY ALLERGY sub vegetable oil)**

Food Allergen Substitutions

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Dairy: For Cinnamon Swirl, substitute dairy-free/nut-free butter or vegetable oil for butter. To cook pancakes, substitute vegetable oil for butter. Substitute dairy-free/nut-free milk.

Gluten/Wheat: Substitute gluten-free/nut-free all-purpose flour and add more milk as needed to thin pancake batter.

Egg: For 1 egg, increase baking powder from 2 tsp to 2 T and vegetable oil from 1 T to 2 T.

Cinnamon: Substitute cocoa powder, nutmeg, or allspice.

Instructions

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add + melt + cool

Have kids add **4 tablespoons butter**, **2 teaspoons cinnamon**, and **1/4 cup brown sugar** to a skillet. Melt the butter and whisk in the sugar and cinnamon. Older kids can carefully help with this. Once the butter and sugar are melted together, turn off the skillet and let the mixture cool slightly.

scoop + pour + wipe

Scoop or carefully pour the mixture into a liquid measuring cup. From there, pour it into a quart-sized plastic bag, snip a small corner of the bag, and set it aside until it's time to make the pancakes. Wipe out

your skillet with a wet paper towel, so the sugar doesn't burn.

measure + whisk

In a mixing bowl, have kids measure **1 cup flour**, **2 teaspoons baking powder**, **1/2 teaspoon salt**, **1 cup milk**, **1 egg**, and **1 tablespoon vegetable oil**. Then whisk until a smooth batter forms.

drop + squeeze + cook + flip

Heat **1 tablespoon of butter** in your skillet. Next, drop about 2 tablespoons of batter per pancake into your skillet. Then squeeze the Cinnamon Swirl mixture out from the center of each pancake (being careful not to go right to the edges). When bubbles form on the pancakes, carefully flip them to cook the other side.

serve + top

Serve and top each pancake with Dreamy Glaze and Cinnamon Crunch (see recipes)!

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.