Owl Pancakes for kids

Breakfast · ages 8 to 14 (grades 3rd–8th) · about 35 minutes · serves 3

Hoot Cakes! Let's cook pancakes and build each one into an owl. Steps marked Grown-up step are for a grown-up to do.

Ingredients

- 1 cup flour
- 2 teaspoons baking powder
- 1 tablespoon sugar
- a pinch salt
- 1 egg
- ¾ cup milk (or oat milk)
- 2 tablespoons butter (or oil)
- 1 banana
- 1 handful blueberries
- 1 clementine

Tools

A mixing bowl, Measuring cups, Measuring spoons, A whisk or a fork, A big spoon, A frying pan, The stove (grown-up), A flat spatula, A butter knife, A plate.

Steps

1. Wash your hands with soap for twenty seconds, then let's make Hoot Cakes!
2. Whisk 1 cup of flour, 2 teaspoons of baking powder, 1 tablespoon of sugar and a pinch of salt together in a big bowl.
3. In a jug, crack 1 egg, then whisk in ¾ cup of milk.
4. Wash your hands again: raw egg has germs.
5. Grown-up step: A grown-up melts 2 tablespoons of butter in the pan, then pours it into the egg jug.
6. Pour the jug into the dry bowl and stir just until no flour shows.
7. Grown-up step: A grown-up heats the pan and pours one big circle of batter, and two little ones.
8. Watch for bubbles popping on top: that's the baking powder's gas!
9. Grown-up step: A grown-up flips each one with a spatula and cooks it one more minute.
10. Slide the big pancake onto a plate, and sit the two little ones on top for eyes.
11. Slice 1 banana into coins with a blunt knife, and press one on each eye.
12. Put a blueberry in the middle of each banana coin.

13. Press a clementine piece between the eyes, point down, for a beak.
14. Hoo hoo! Your owl is staring right at you.

Safety notes

- Hot! A grown-up does this part.
- Contains milk, eggs, wheat. Swap an ingredient for an allergy where the recipe lists a swap.
- Squash blueberries a little for little ones under 4.
- No tasting raw dough or batter: wait till it's cooked.
- A bit messy.

Kitchen science

Baking powder makes tiny gas bubbles when it gets wet and hot, and the bubbles puff the pancakes up.

Make it your own

- Stir a pinch of cinnamon into the dry bowl.
- Use chocolate chips for the pupils instead of blueberries.
- Make one tiny owl for a pet or a stuffed toy.

Free at peabody.kids/kitchen/owl-pancakes