



DESCRIPTION

U Cook Across the U.S.! And you'll flip for this dish! Host Carrie Shankweiler and her ATV friends show you how to make delicious Blueberry Pancakes. This awesome recipe comes from an ATV fan in Maine!

MATERIALS

- 3/4 cup of flour
- 1 tsp. baking soda
- A pinch of salt
- 1 cup buttermilk
- 1 egg
- 3 tbsp. melted butter
- 1/2 cup fresh blueberries
- Syrup

TOOLS

- Bowls
- Whisk
- Fork
- Rubber spatula
- Non-stick griddle
- Metal non-stick spatula
- Ladle

DIRECTIONS

1. Crack an egg into a large bowl and beat it with a whisk.
2. Add your buttermilk to the bowl and whisk it together with the egg.
3. In another bowl, combine your dry ingredients (flour, baking soda, salt). Stir them together with a fork.
4. Pour your dry ingredient mixture into your egg and buttermilk mixture and whisk everything together. Be sure to leave a few lumps in the batter as the pancakes will become too tough if over-mixed.
5. Add your melted butter to the batter and whisk it in to mix it.
6. Slowly add blueberries to the batter and gently stir or fold them in with your rubber spatula.
7. With an adult helper, heat up your griddle and spread some butter on the surface with a metal spatula. This will keep the pancakes from sticking when you cook them.
8. Ladle your batter onto the hot griddle. Each scoop will be one pancake.
9. Cook the pancakes on one side for about 1-2 minutes until you can see bubbles popping on the surface. Then flip them.

Did you know there's a free web video for this activity with step-by-step instructions?
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COOKING

BLUEBERRY PANCAKES

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10. Cook the pancakes on the other side for another minute or two and then have an adult move them to a plate.
11. Dress with fresh blueberries and enjoy with syrup!

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