

EASY PANCAKE RECIPE FOR CHILDREN

Ingredients (makes about 6 small pancakes)

- 1 cup flour
- 1 teaspoon baking powder
- 1 pinch of salt 1 egg
- $\frac{3}{4}$ cup milk
- 1 tablespoon melted butter (or oil)
- 1 teaspoon vanilla (optional)

STEPS

1. Mix the dry ingredients

In a bowl, add:

- flour
- baking powder
- salt
- stir with a spoon.

2. Add the wet ingredients

Crack in the egg (adult help).

Pour in the milk and melted butter.

3. Stir the batter

Mix until smooth.

4. Cook the pancakes (adult help/supervision needed)

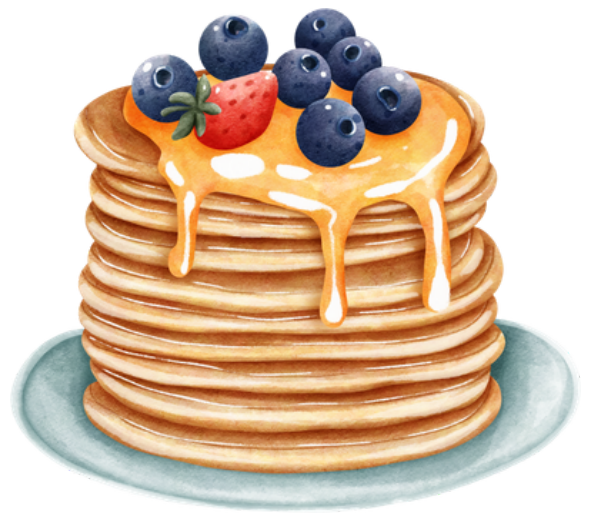
Heat a pan on medium heat.

Pour a small spoonful of batter into the pan.

5. Flip

When bubbles appear on top, flip the pancake.

Cook the other side for about 1 minute.



EASY EGG-FREE PANCAKES FOR KIDS

Ingredients (Makes about 6–8 small pancakes)

1 cup flour

1 teaspoon baking powder

1 pinch of salt

$\frac{3}{4}$ cup milk (dairy or plant-based)

1 tablespoon melted butter or oil

1 teaspoon vanilla (optional)

STEPS

1. Mix dry ingredients

In a bowl, stir together:

flour

baking powder

salt

2. Add wet ingredients

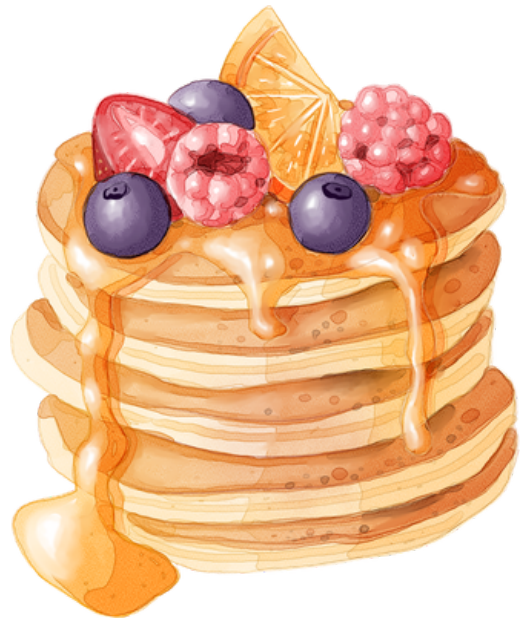
Pour in:

milk

melted butter (or oil)

vanilla (optional)

Mix until smooth.



3. Cook the pancakes (adult help/supervision needed)

Heat a non-stick pan on low-medium heat

Spoon small amounts of batter into the pan

Cook for about 1–2 minutes until bubbles appear.

Flip and cook the other side for another 1 minute.



MILK-FREE PANCAKES FOR KIDS (DAIRY-FREE)

Ingredients (Makes about 6–8 small pancakes)

1 cup flour

1 teaspoon baking powder

Easy Steps

1. Mix dry ingredients

In a bowl, stir together:

flour

baking powder

salt



2. Add liquid

Pour in:

water or plant-based milk

oil

Mix until you get a smooth batter.

3. Cook (adult help/supervision needed).

Heat a non-stick pan on low-medium heat

Spoon small circles of batter into the pan

Cook 1–2 minutes until bubbles appear

Flip and cook the other side for 1 minute



EGG-FREE + MILK-FREE PANCAKES FOR KIDS

Ingredients- (Makes about 6–8 small pancakes)

1 cup plain flour

1 teaspoon baking powder

1 pinch of salt

$\frac{3}{4}$ cup water or plant-based milk (oat milk works best)

1 tablespoon oil (vegetable, sunflower, or coconut)

1 teaspoon vanilla (optional)

$\frac{1}{2}$ mashed banana

STEPS

1. Mix dry ingredients

In a bowl, stir together:

flour

baking powder

salt

2. Add wet ingredients

Pour in:

water or dairy-free milk

oil

vanilla

mashed banana

Mix gently until smooth.



3. Cook the pancakes (adult help/supervision needed).

Heat a non-stick pan on low-medium heat

Spoon small pancake circles into the pan

Cook for 1–2 minutes until bubbles appear

Flip carefully and cook another 1 minute

