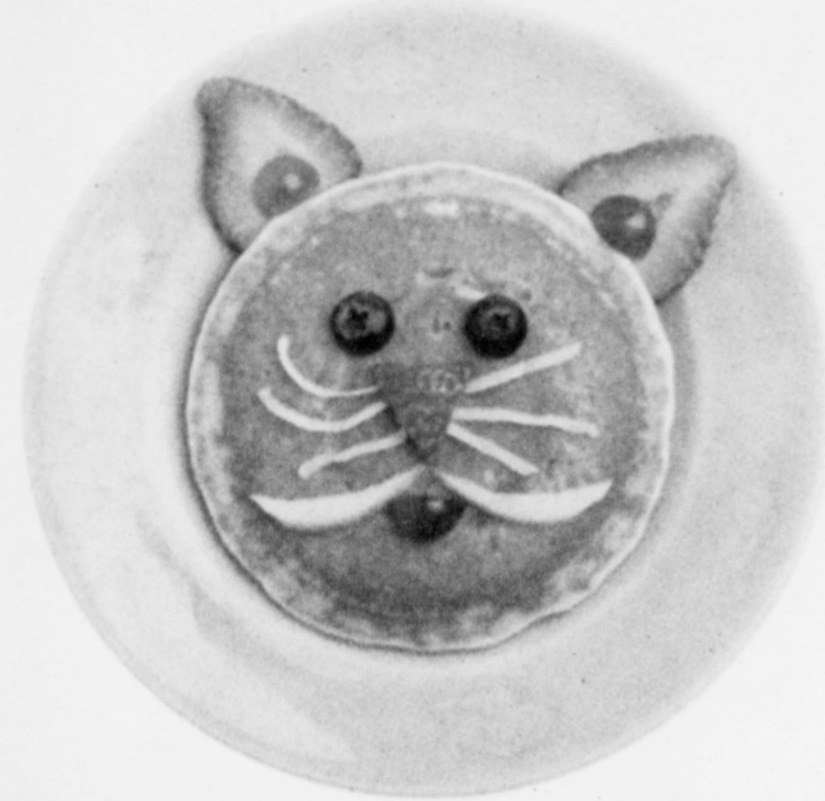


FOOD



Whole Wheat Pancake Art

A dash of inspiration and some simple pantry staples transform plain-old pancake batter into canvases for creative spirits. Warm up the griddle and get inspired with these fun ideas for flapjacks. 4 Servings.

Ingredients

- 1-1/4 cups (300 mL) whole wheat flour
- 1 tablespoon (15 mL) sugar
- 1 teaspoon (5 mL) baking powder
- 1/2 teaspoon (2 mL) baking soda
- 1-1/4 cups (300 mL) buttermilk (or 1 cup yogurt mixed with 1/4 cup milk)
- 2 tablespoons (30 mL) vegetable oil
- 1 egg
- Vegetable oil for griddle
- Maple syrup or fresh fruit

Instructions

1. In a medium bowl, combine the flour, sugar, baking powder and baking soda. In another bowl, stir together the buttermilk (or alternative), oil and egg. Pour the buttermilk mixture into the flour mixture and stir just until combined. Be careful not to overbeat the batter (it will deflate). Fill a squeeze bottle (like an empty ketchup bottle or similar) with batter.
 2. Brush a griddle or large skillet with vegetable oil and place over medium heat. When a drop of water sizzles and evaporates instantly, you are ready to begin creating your pancake masterpieces. See below for ideas.
 3. When one side of the pancake is golden brown and bubbles appear on the top side of the pancake, flip over carefully and bake the other side until browned. Serve with syrup or fruit.
 4. Creating your pancake masterpieces: Using the squeeze bottle, squirt out circles and squiggles and shapes onto the griddle. Work quickly because they will cook and solidify in seconds. Also, you can create designs by adding batter at different times. For instance, squeeze out your initials onto the pan (backwards, of course), then cover completely with batter (use a spoon for large amounts). The initials will show up darker than the background pancake.
- Here are some more ideas for designs:--
- **Happy face:** Squeeze out two little eyes and a smiling mouth. Let bake for just a few seconds, then cover completely with batter.
 - **Teddy bear:** One round spot for a nose, two spots for eyes and a smiling mouth. Let bake for just a moment, then cover completely with batter to make the face and add two round ears at the top.
 - **Mouse:** Similar to the teddy bear (above), only add whiskers when you do the nose.
 - **Flower:** Squeeze out round middle, let bake for a moment then surround with round petals. Add a stem if you're brave.
 - *Secret message: Write something (backwards!) on the griddle. Cover with batter. Give it to your brother. Be nice.
 - **Jackson Pollock pancake:** Make random squiggles and splotches with batter. Let bake, then spoon batter over it to cover. Fabulous! You're a genius.

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