

SUPER-DUPER PANCAKES FOR LENT

Apple Sauce- Cinnamon



Prepare pancake batter, using 2 cups of prepared mix or your own recipe. Substitute 1 1-lb. can apple sauce for $\frac{1}{2}$ cup of liquid in recipe and add $\frac{1}{2}$ teaspoon cinnamon.



Raisin-Walnut

Add $\frac{1}{2}$ cup raisins and $\frac{1}{2}$ cup chopped walnuts to batter.



Cherry-Nutmeg

Add $\frac{1}{2}$ teaspoon nutmeg to pancake batter. Sprinkle tops of pancakes with drained and chopped pieces of dark, sweet cherries before turning on griddle.



Pineapple- Toasted Coconut

Add 1 8-ounce can crushed pineapple and $\frac{1}{2}$ cup toasted coconut to pancake batter.



Orange-Fig

Substitute $\frac{1}{2}$ cup orange juice for $\frac{1}{2}$ cup of liquid in pancake batter recipe. Add 2 teaspoons grated orange rind and 1 cup of finely chopped figs to pancake batter. To vary, use 1 cup finely chopped prunes instead of figs.



Date-Pecan

Add $\frac{1}{2}$ cup chopped dates and $\frac{1}{2}$ cup chopped pecans to batter.



KARO SYRUP tops them all with the
wholesome kind of sweetness
that comes from corn

When you serve the Super-Duper Pancakes suggested above—and do try them all, they're delicious—be sure you serve them with KARO Syrup. Its very special texture, flavor and food value come from nourishing corn—one of America's favorite foods.

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- Gravy groove around entire cooking surface!
- Handy Cooking Guide tells proper settings!
- Big 10½" by 19½" cooking surface — cooks a whole meal at one time!

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