

# What You Will Need

*Oh, the Things You Can Do That Are Good for You!* by Tish Rabe

## Equipment:

mixing bowls, two  
large spoon  
rubber spatula  
measuring spoons  
measuring cups  
electric griddle or skillet  
spatula  
small bowl  
cooking spray

## Ingredients:

*Makes 12 to 14, 3-inch blueberry pancakes*

|                            |                     |
|----------------------------|---------------------|
| 1/2 cup all-purpose flour  | 1 egg               |
| 1/2 cup whole wheat flour  | 1 cup plain yogurt  |
| 1 teaspoon baking powder   | 1/2 cup soy milk    |
| 1/2 teaspoon baking soda   | 3/4 cup blueberries |
| 1 tablespoon vegetable oil |                     |

## Other Possible Activities:

This book features The Cat in the Hat™. Fun props like his hat, stickers, paper napkins and other pieces might be fun to use with this lesson.

**On page 21**, the Ee-hip-en-hops eat healthy foods from small tables they wear on their heads. Is that not a perfect nutrition activity? Try cardboard pizza circles for “table hats” or just have paper plates with yarn strings for everyone to decorate with...blueberry pancakes!

**Blueberry Toss**—Use blue lids from yogurt cartons, or bean bags, and have children take turns tossing or flying the “blueberries” onto the “pancake”—a hula hoop on the floor, or a masking taped circle. Who can land the most blueberries on the pancake?

**Blueberry Balloon Batter**—Bring a few small round blue balloons in a bag—have kids try to keep the “blueberries” from hitting the floor.



# True Blue-riffic Pancakes

Makes 12 to 14, 3-inch pancakes



- 1/2 cup all-purpose flour
- 1/2 cup whole-wheat flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 tablespoon vegetable oil
- 1 egg
- 1 cup plain yogurt
- 1/2 cup soy milk or low fat milk
- 3/4 cup blueberries

1. In a large mixing bowl, combine flours, baking powder and baking soda.
2. In another mixing bowl, mix together oil, egg, yogurt and milk. Add the yogurt mixture to the flour mixture and stir until just combined. Add a tablespoon or two more milk if batter is too thick.
3. Fold in blueberries.
4. Lightly coat a griddle or electric skillet with cooking spray and heat on medium high. Spoon small amounts of batter onto hot griddle.
5. When bubbles appear, flip pancakes and cook until done.

| Nutrition Facts                |                      |
|--------------------------------|----------------------|
| Serving Size 2 pancakes (109g) |                      |
| Servings Per Container 6       |                      |
| Amount Per Serving             |                      |
| <b>Calories</b> 150            | Calories from Fat 30 |
| % Daily Value*                 |                      |
| <b>Total Fat</b> 3.5g          | 5%                   |
| Saturated Fat 1g               | 4%                   |
| <b>Cholesterol</b> 40mg        | 13%                  |
| <b>Sodium</b> 260mg            | 11%                  |
| <b>Total Carbohydrate</b> 23g  | 8%                   |
| Dietary Fiber 2g               | 9%                   |
| Sugars 5g                      |                      |
| <b>Protein</b> 7g              |                      |
| Vitamin A 4%                   | Vitamin C 4%         |
| Calcium 10%                    | Iron 6%              |

\*Percent Daily Values are based on a 2,000 calorie diet.