

What You Will Need

Equipment:

Large mixing bowl
Medium mixing bowl
Measuring cups – dry and liquid
Measuring spoons
Whisk or large fork
Large spoon or ladle
Pancake turner or spatula
Griddle or frying pan
Hot pads

Serving plates or napkins
Toppings as desired

Ingredients:

Whole wheat flour
White all-purpose flour
Baking powder
Sugar
Eggs
Milk – lowfat
Vegetable oil

Other Possible Activities:

Kitten's Moon Stretches: Kitten runs, jumps and tumbles as she tries to get to the milk bowl. Children can stretch, dance and move just like Kitten! Paper plates make a great “moon,” and children will love to “plate dance” and act out Kitten's antics from the book.

This can be adapted for a circle activity, with one child the “moon” holder who gets to call out what Kitten's next move will be. “Kitten – stretch up on your toes!” “Kitten, lean one way, then the other!”

Dairy Memory Game: Children stand in a circle. The first child says his name, a dairy food, and a move strong kids can do. Example: “I'm Kathy, I like cheese, and I hop on one foot!” Everyone then hops on one foot. The next child says: “This is Kathy – she likes cheese and hopping on one foot. I'm Sandy – I like chocolate milk, and I ride my bike.” Then everyone acts out the motions of bike riding. The game continues around the circle, with each child repeating the previous child's name, dairy food and activity.



Kitten's MoonCakes

Makes 20, 4-inch pancakes

- 1 cup whole wheat flour
- 1 cup white all-purpose flour
- 2 teaspoons baking powder
- ¼ cup sugar
- 2 large eggs
- 2 cups fat free or lowfat milk
- 2 tablespoons vegetable oil



1. Mix dry ingredients in large bowl.
2. In separate medium bowl, beat eggs, milk and oil until well blended.
3. Add liquids to dry ingredients, stirring lightly with a whisk or large fork only until dry ingredients are moistened (mixture will be lumpy).
4. Preheat griddle to medium-high heat.
5. Lightly oil or spray griddle to prevent sticking.
6. Spoon or ladle batter onto preheated griddle.
7. Turn pancake when edges look dry and bubbles form on top.
8. Cook thoroughly, and refrigerate any leftover batter.
9. Top as desired (we suggest applesauce), and enjoy!

Variations:

Add 1 teaspoon ground cinnamon and 1 cup peeled, finely chopped apple to batter.

For dollar-size pancakes, use 1/8 cup batter per pancake.

Nutrition facts: Two pancakes provide 140 calories, 3.5g total fat, 0g saturated fat, 0g trans fat, 35mg cholesterol, 125mg sodium, 23g total carbohydrate, 1g dietary fiber