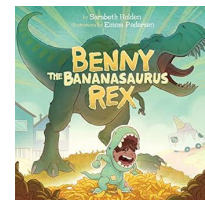


# Benny the Bananasaurus Rex

Written by SaraBeth Holden and illustrated by Emma Pedersen



## Activity 3 - Making Pancakes

Benny eats a giant stack of banana pancakes every morning. Here is a quick recipe to make pancakes with your classmates/friends:

### Ingredients:

- 1 and 1/2 cups of flour (you can use whole wheat, all purpose, gluten free or buckwheat flour will work)
- 2 tablespoons of sugar (any kind will work as well as honey or maple syrup)
- 1 tablespoon of baking powder
- ½ teaspoon of salt
- 1 and ¼ cups of milk (any kind including non-dairy)
- 1 large egg
- 4 tablespoons of oil (canola or any other neutral flavour oil)
- 2 ripe bananas - mashed (you know they are ripe when they get brown spots on the peel)

### Batter Directions:

1. In a medium bowl mix together the flour, sugar, baking powder and salt.
2. In a second medium bowl, mix together the milk, egg, oil and mashed bananas.
3. Pour the wet or liquid ingredients into the dry ingredients and mix until just combined.

### Cooking Instructions:

1. Heat a large skillet or frying pan to medium heat.
2. Add a teaspoon of oil or butter to the pan to help the batter not stick.
3. Add the batter to the hot pan. Depending on what size pancakes you want you can use a tablespoon measure or a ¼ cup to measure.
4. Cook the pancakes until you can see bubbles on the top. Once you see bubbles it is time to flip the pancakes.
5. Flip pancakes and cook until the bottoms are golden brown.

Serve them plain or with some delicious maple syrup on top.

Adapted from Inspired Taste <https://www.inspiredtaste.net/24593/essential-pancake-recipe/>