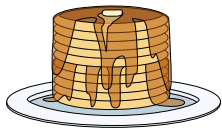




**Dart's Dish** on healthy eating!

# Pancake Supper



**Ingredients:** pancake mix, fruit, yogurt, hazelnut spread

**Directions:** Flip things upside down and cook pancakes (or waffles) for dinner. Have children measure the ingredients, mix the batter, pour the batter, and flip the pancakes. Once the pancakes are done, use cookie cutters to make fun designs and decorate them with healthy ingredients of your choice.

**Modification:** Start with just one or two pancakes on the griddle/pan to make it easier to flip. Use larger spatulas to make flipping easier.

**FAMILY ENGAGEMENT**