SHOPPING LIST

VERY Berry Pancakes

- ◯ White Flour
- ◯ Yellow Cornmeal
- ◯ White Sugar
- ◯ Baking Soda
- ◯ Baking Powder
- ◯ Kosher Salt
- ◯ Mixed Berries
- ◯ Buttermilk
- ◯ Skim Milk
- ◯ Large Eggs
- ◯ Unsalted Butter
- ◯ Real Maple Syrup

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Sully The Cell presents

BREAKFAST

PBS KIDS GO!

FIZZY'S LUNCH LAB

VERY Berry Pancakes

VEGETARIAN	TIME	DIFFICULTY	SERVES
V		M	4
YES	Under 30 min.	Medium	(8-12) 6-8 inch pancakes

YOU WILL NEED

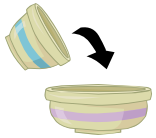
- **1 ¾ cup** all purpose white flour
- **¼ cup** yellow cornmeal
- **1 tablespoon** white sugar
- **1 teaspoon** baking soda
- **2 teaspoons** baking powder
- **½ teaspoon** kosher salt
- **2 cups** fresh or unthawed frozen berries
- **2 cups** buttermilk
- **½ cup** skim milk
- **2** large eggs
- **2 tablespoons** unsalted butter, melted plus more for the pan
- Real Maple Syrup

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

STEP 1: Place the flour, cornmeal, sugar, baking soda, baking powder and salt in a large bowl and stir to combine. Add the berries and gently toss.

STEP 2: Place the buttermilk, skim milk, eggs and butter in a small bowl and stir to combine.



STEP 3: Add the wet ingredients to the dry ingredients and mix until just combined. Do not over-mix.

STEP 4: Place a large skillet over medium heat and when it is hot, add 1 teaspoon additional butter. Drop ladlefuls of batter on the surface and cook until bubbles form. Flip over and cook for about 2 minutes.

STEP 5: Serve immediately with real maple syrup.

Nutrition Facts

Serving Size 1 Pancake (110g)
Servings Per Container 12

Amount Per Serving	
Calories 150	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 330mg	14%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	4%
Sugars 6g	
Protein 5g	

Vitamin A 4% • Vitamin C 6%
Calcium 10% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4