Heart-Shaped Pancakes

There are few better ways to say "I love you" than with a tasty sweet treat to be enjoyed! This Valentine's Day, you and your child can spread a little love by baking up a rosy batch of heart-shaped pancakes. This activity will not only leave you two with a delicious and beautiful breakfast, but is an excellent way to introduce your child to basic kitchen skills and ingredient math. Creating this culinary treat will also reinforce the importance of following directions!

What You Need:

- Two bowls
- Whisk
- Mixing spoon
- Measuring cups
- Griddle (greased)
- Knife
- 2 cups of all-purpose flour (stirred and sifted)
- 2 1/2 teaspoons baking powder
- 3 tablespoons granulated sugar
- 1/2 teaspoon salt
- 2 large eggs
- 1 3/4 cups of milk
- 2 tablespoons of butter (melted)
- Red food coloring
- Syrup

What You Do:

1. Help your child measure out the flour, baking powder, sugar, and salt. Have him add the dry ingredients to the bowl and stir the mixture together.
2. Ask your child to crack the eggs into a second bowl, showing him how to do this most effectively without dropping any shell in the bowl. Let him use the whisk to stir up the eggs.
3. Invite him to measure out the milk, pour it into the bowl, and continue to stir up the mixture.
4. Have your child add the dry ingredients from the first bowl into the wet mixture. He should mix all the ingredients together until the batter is fairly smooth and free of any large lumps.
5. Melt the butter in the microwave, and ask your child to add it into the pancake batter. Mix well.
6. Finally, invite your child to add a little red food coloring to the batter in order to make it a festive color for Valentine's Day.
7. This step is for adults only. Grease the girddle with a bit of butter and turn the stove on.
8. Wait until the butter is hot and bubbling just slightly, and then have your child measure out the first couple of pancakes. He should aim to make each pancake with about 1/4 cup of batter.
9. Help him flip each pancake once bubbles are forming at the top. The pancake is completely done once each side has turned a warm, golden brown.
10. Finish cooking all the batter, and then let the pancakes cool just slightly. Help your child cut each pancake into a large heart shape.

The warm, red-toned pancakes are ready to to enjoy! Cover them with a combination of butter, maple syrup, and powdered sugar to sweeten them up a bit. Happy Valentine's Day!

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