

# Mother's Day Breakfast

It's mom's special day and she certainly shouldn't have to get up early and cook for the whole family. Give her an extra special start to the morning, and make her breakfast in bed. This activity comes complete with a recipe for yummy whole wheat waffles, and the steps to make a unique photo collage vase to give to mom on her special day. Your child can help cook the meal, make a craft, and present mom with this thoughtful treat!

As a bonus, this Mother's Day activity also doubles as a great learning experience for your child. Watch as they discover the mathematics and science of cooking while measuring and combining ingredients, and talk to them about health and nutrition when selecting menu items for mom. Additionally, children can explore their artistic side as they design an imaginative Mother's Day vase to fill with fragrant flowers!

## What You Need:

- 1 ½ cups whole wheat flour
- 1 cup skim (or low fat) milk
- 2 large eggs
- 2 tablespoons sugar
- 4 tablespoons unsalted butter
- 2 teaspoons baking powder
- Pinch of salt
- Waffle iron
- Oranges
- Juicer
- Fruit such as strawberries, blueberries, or bananas
- Syrup or honey
- Optional: Whipped cream and chocolate chips
- Washed and dried recycled glass container or bottle (such a sauce jar or soda bottle)
- Clear drying, non toxic glue
- Paint brush
- Art water cup (not to be used for food or drink)
- Photos printed onto computer printing paper
- Scissors
- Optional: Tissue paper

## What You Do:

### Breakfast:

1. Measure and combine the dry ingredients - the salt, sugar, flour, and baking soda - in a large bowl. For extra-fluffy waffles, sift the ingredients together as you add them to the bowl, to make the mixture light and consistent.
2. Measure and combine the wet ingredients - the eggs, milk, and butter - in a separate bowl.
3. Add the dry ingredient mixture to the other mixture slowly, and mix together until the mixture is fully incorporated. Be sure not to over-mix the batter.
4. Pour a small amount of batter into a waffle iron and follow the iron manufacturer's directions for the setting and time. The amount of batter you use will depend on how big you want your waffles to be and what kind of waffle iron you have. Keep in mind that you want the batter to cover the iron just enough to make a whole waffle, without spilling over.
5. Set your waffles aside to cool as you make each one.
6. Once you're done, pick some perfect waffles for mom to eat!
7. Slice your fruit - depending on what kind of fruit your using - to be placed on top of the waffles.
8. Add any other extras you think mom might like with her waffles, such as honey, chocolate chips, or whipped cream on top for a special treat or simply drizzle syrup over the waffles.
9. For the orange juice, cut the fresh oranges in half and then squeeze the oranges onto the juicer for fresh juice to serve along side your homemade waffles.

### Craft:

Note: This craft can be done ahead of time before Mother's Day so that when breakfast in bed rolls around, the vase will be ready to fill with a fresh batch of mom's favorite flowers.

1. Print family photos - or any other photos you think mom might like - onto regular (thin) copier paper from the computer.
2. Crop and cut the printed photos to fit the glass jar or bottle (a plastic bottle may be used as well). Make sure the photos will fit on the vase to be arranged in a collage.
3. Mix the glue and a very small amount of water in an art cup, and apply a thin coat of the mixture to the bottle with a paint brush. You can work in sections around the bottle so that the glue does not dry before you arrange the pictures.
4. Have your child arrange the photos over the glue painted bottle in whatever design they like.
5. Once they are done, coat with the bottle with a second thin layer of the glue mixture.
6. Set your vase side to dry.
7. Once your Mother's day craft is dry and ready, you can fill it with mom's favorite flowers to present to her with her breakfast in bed.

Place the waffles on a fancy plate and add to a tray with the juice and the vase filled flowers. Hand-deliver this treat to mom on her special day!

