



**K-STATE**  
Research and Extension

## Alphabet Breakfast

### Letter Pancakes

6 servings

#### Ingredients:

1 package  
complete  
pancake mix  
(5 to 6 ounces)



Water,  
according to package directions

Powdered sugar, optional

#### Directions:

1. In a mixing bowl, combine  
pancake mix and water, according  
to package directions.

2. Spray skillet or griddle with  
cooking spray and heat on medium.

3. Put batter into plastic bag. Cut  
off a small corner and squeeze bag  
to make your initials on skillet.

4. Cook until bubbles form on top.  
Turn and cook until golden brown.

5. Remove from skillet and top with  
powdered sugar, if desired.

#### Nutrition Facts:

One pancake provides 80 calories, 10  
calories from fat, 1 g total fat, 0 g saturated  
fat, 0 g trans fat, 240 mg sodium, 16 g  
total carbohydrate, 1 g fiber, 3 g sugar, 3 g  
protein, 8% calcium, 16% iron

Recipe from *Kids-a-Cookin'*

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Newsletter developed by Tandalayo Kidd, PhD, RD, LPN, Associate Professor/Extension Specialist in Human Nutrition, Susie Bilderback, Extension Program Assistant, and Katie Hamm, former seniors in Dietetics • Resources: Adapted from *Avoid Portion Distortion* by Alice Henneman, [http://food.unl.edu/c/document\\_library/get\\_file?uuid=053b26c5-45e-4a33-8e00-6933545c3683&groupId=4089458/](http://food.unl.edu/c/document_library/get_file?uuid=053b26c5-45e-4a33-8e00-6933545c3683&groupId=4089458/) • <http://www.theportionplate.com/kidsplate.html> • <http://www.cboosemyplate.gov/> • <http://www.kidsacookin.ksu.edu/>

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