

Bears for Breakfast

Recipe from Tilth Alliance

Makes 8 bear shaped pancakes

Ingredients

2 cups flour
2 teaspoons baking powder
1/2 teaspoon salt
2 tablespoons sugar
1 1/4 cups milk
2 eggs
2 tablespoons oil
1 teaspoon vanilla (optional)
1-3 teaspoons oil for greasing the pan



Optional toppings: butter, maple syrup, berries, fruit jelly or jam, nut or seed butters

Instructions

Place the flour, baking powder, salt, and sugar into a large bowl and mix together.

Combine milk, eggs, oil, and vanilla (if using) in a separate bowl. Pour into dry mix and whisk until batter is smooth.

Heat a pan or griddle on medium-low heat and pour 1 teaspoon of oil to coat the surface. Pour about 1/4 cup of batter to make a 4-inch circle in middle of pan and spoon 2 small 1-inch circles for ears connected to the top of the bear's "head." Flip when most bubbles have popped, or bottom is golden brown. Repeat with remaining batter, adding oil to grease the pan as needed.

Serve hot with toppings of choice. Save extras for an easy snack with peanut butter and jelly!

Note:

- To make the recipe gluten free, use a gluten-free flour blend in place of flour and ensure the baking powder is gluten free.
- To make the recipe dairy free, use a dairy-free milk alternative in place of milk, such as soy, almond, or oat beverages.