



Bouncing Bunny Pancakes

This fun pancake recipe is a fantastic cooking activity to do with your little ones. It will help them to develop basic cooking skills, such as measuring, mixing and chopping and will encourage them to be creative!

Ingredients

- 50g white flour
- 1 egg- beaten
- 150ml milk
- 1/2 banana
- Handful of blueberries

Equipment

- Kitchen scales
- Mixing bowl
- Wooden spoon
- Child friendly knife
- Frying pan
- Round cookie cutters

You can also use shop-bought scotch pancakes

Recipe Method

- 1) **Child:** mix together the flour, egg and milk into a smooth batter
- 2) **Parent:** heat a non- stick frying pan. Once hot, add a ladle of mixture to the frying pan. Cook for around 1 minute on each side, until golden brown. Remove from the heat and let the pancakes cool
- 3) **Child and parent:** use a cookie cutter to cut out two circles. One big circle for the bunny's body and one small circle for the head
- 4) **Child and parent:** use a child-friendly knife to carefully cut the bunny's ears and feet from the leftover pancake
- 5) **Child:** assemble the bunny as shown in the picture (don't worry if it looks a little different!)
- 6) **Child and parent:** carefully chop up the fruit that you have and arrange around the bunny. Don't forget his blueberry tail!

Opportunities for Learning

Develop cooking skills: measuring, chopping, mixing, pouring, stamping

Learning: ask your child questions, such as:

- what numbers can you see on the scale?
- what colour is this fruit?
- what does this feel like?
- what shape is this fruit?
- why is this food good for us?