



Oven Baked Pancakes With Spiced Pears

Love pancakes, but don't love using a spatula? Oven-baked pancakes have all the flavor of a traditional pancake, but no flipping is required. Warm spiced pears are a tasty alternative to syrup.

Ages: 6–18 years
Makes: 6 servings

Prep time: 15 minutes
Cook time: 52 minutes

the INGREDIENTS

Nonstick cooking spray

1 cup pancake mix, whole-wheat

1 cup water

4 cups + 1 Tbsp (about 2 15-oz cans) pears, canned in extra light syrup, diced

1 Tbsp cornstarch

1 tsp pumpkin pie spice

½ tsp vanilla extract

the DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 375 °F.
3. Spray baking pan (8" x 8") with nonstick cooking spray
4. In a small mixing bowl, combine pancake mix and water. Whisk until smooth.
5. Pour pancake batter into baking dish and bake in the oven for 35 minutes.
6. While pancakes are cooking, separate pears and syrup. Place pears in a small bowl and syrup in a medium nonstick pot.
7. Add cornstarch, pumpkin pie spice, and vanilla extract to cold or room temperature pear syrup. Whisk until smooth.
8. Heat syrup mixture on medium-high heat and whisk continuously until it begins to boil, about 5 minutes.
9. Add pears to syrup mixture. Stir. Bring mixture to a boil, about 7 minutes.
10. Reduce heat to medium-low and simmer for 3–5 minutes or until it becomes nectar-thick. Stir often to prevent pears from sticking to the pan. Heat to 140 °F or higher for at least 15 seconds. Remove from heat.
11. When pancakes are cooked completely, cut into 6 even slices. Remove pancakes from the pan.
12. Serve 1 pancake slice with ½ cup spiced pears. Serve immediately, or keep warm at 140 °F or higher.

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NUTRITION INFORMATION

1 pancake and ½ cup of spiced pears

Nutrients	Amount
Calories	137

Total Fat	1 g
Saturated Fat	0 g
Cholesterol	2 mg
Sodium	141 mg
Total Carbohydrate	32 g
Dietary Fiber	4 g
Total Sugars	15 g
Includes Added Sugars	N/A
Protein	3 g

Vitamin D	N/A
Calcium	10 mg
Iron	3 mg
Potassium	N/A


N/A = Data not available

Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov


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CACFP CREDITING INFORMATION

½ cup fruit
1 oz eq grains 

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CHEF TIPS

- **Contains wheat (pancake mix).** Pancake mix can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (pancake mix) and may be included in the ingredient statements as "spice" or flavoring."
- Pancake shrinks away from pan sides after cooking. Cut pieces evenly.
- The  symbol indicates the recipe is whole grain-rich.
- To verify pancakes are done, insert a wooden toothpick into the center of the pan. If wet batter sticks to the toothpick, the pancake needs more baking time.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.