# 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.

**AGES:** 3–5 years  
**PREP TIME:** 45 minutes  
**COOK TIME:** 1 hour 20 minutes

**CACFP CREDITING INFORMATION**  
½ cup fruit  
½ oz eq grains 🌾

**SOURCE**  
Team Nutrition CACFP Easy Recipe Project  
[TeamNutrition.USDA.gov](http://TeamNutrition.USDA.gov)

## INGREDIENTS

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>25 SERVINGS</th>
<th>50 SERVINGS</th>
<th>DIRECTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Weight</td>
<td>Measure</td>
<td></td>
</tr>
<tr>
<td>Nonstick cooking spray</td>
<td></td>
<td>1 spray</td>
<td></td>
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<tr>
<td>Pancake mix, whole-wheat</td>
<td>8 oz</td>
<td>2 cups</td>
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<tr>
<td>Water</td>
<td>16 fl oz</td>
<td>2 cups</td>
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## DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.

2. Preheat oven to 375 °F.

3. Spray baking dish/pan with nonstick cooking spray.  
   For 25 servings, use large baking dish (9” x 13”).  
   For 50 servings, use 1 half sheet pan (18” x 13” x 1”).

4. In a medium mixing bowl, combine pancake mix and water. Whisk until smooth.
<table>
<thead>
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<th>25 SERVINGS</th>
<th>50 SERVINGS</th>
<th>DIRECTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Weight</td>
<td>Measure</td>
<td>Weight</td>
</tr>
<tr>
<td>Pears, canned in extra light syrup, diced</td>
<td>7 lb 13 oz</td>
<td>1 gal + 1 cup (about 1¼ #10 cans)</td>
<td>15 lb 10 oz</td>
</tr>
<tr>
<td>Cornstarch</td>
<td>¼ cup</td>
<td></td>
<td>½ cup</td>
</tr>
<tr>
<td>Pumpkin pie spice</td>
<td>1 Tbsp + 1¼ tsp</td>
<td>2 Tbsp + 2½ tsp</td>
<td></td>
</tr>
<tr>
<td>Vanilla extract</td>
<td>2 tsp</td>
<td></td>
<td>1 Tbsp + 1 tsp</td>
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**NOTES**

- **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.

- 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.

- Pancake shrinks away from pan sides after cooking. Cut pieces evenly.

- The 🍳 symbol indicates the recipe is whole grain-rich.

- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

**YIELD/VOLUME**

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>25 Servings</th>
<th>50 Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Weight: 1 lb pancake and 7 lb spiced pears</td>
<td>Weight: 2 lb 4 oz pancake and 14 lb spiced pears</td>
</tr>
<tr>
<td></td>
<td>Yield: 25 pancake pieces and 3 qt ½ cup spiced pears</td>
<td>Yield: 50 pancakes pieces and 1 gal 2 qt 1 cup spiced pears</td>
</tr>
</tbody>
</table>

**NUTRITION INFORMATION**

1 pancake and ½ cup of spiced pears

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>Calories</td>
<td>106</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0 g</td>
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<tr>
<td>Saturated Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>1 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>73 mg</td>
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<tr>
<td>Total Carbohydrate</td>
<td>26 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3 g</td>
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<tr>
<td>Total Sugars</td>
<td>14 g</td>
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<tr>
<td>Includes Added Sugars</td>
<td>N/A</td>
</tr>
<tr>
<td>Protein</td>
<td>1 g</td>
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<tr>
<td>Vitamin D</td>
<td>N/A</td>
</tr>
<tr>
<td>Calcium</td>
<td>6 mg</td>
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<tr>
<td>Iron</td>
<td>2 mg</td>
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<tr>
<td>Potassium</td>
<td>N/A</td>
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N/A = Data not available