



# 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:** 6–18 years

**PREP TIME:** 45 minutes

**COOK TIME:** 1 hour 20 minutes

**CACFP CREDITING INFORMATION**

½ cup fruit

1 oz eq grains 

**SOURCE**

Team Nutrition CACFP Easy Recipe Project

[TeamNutrition.USDA.gov](http://TeamNutrition.USDA.gov)

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<ol style="list-style-type: none"> <li>1 Wash hands with soap and water for at least 20 seconds.</li> <li>2 Preheat oven to 375 °F.</li> </ol>
Nonstick cooking spray		1 spray		2 sprays	<ol style="list-style-type: none"> <li>3 Spray half sheet pan (18" x 13" x 1") with nonstick cooking spray.  <b>For 25 servings,</b> use 1 pan.  <b>For 50 servings,</b> use 2 pans.</li> </ol>
Pancake mix, whole-wheat	1 lb	1 qt	2 lb	2 qt	<ol style="list-style-type: none"> <li>4 In a medium mixing bowl, combine pancake mix and water. Whisk until smooth.</li> </ol>
Water		1 qt		2 qt	

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					<b>5</b> Pour pancake batter into pan and bake in the oven for 45–50 minutes.
Pears, canned in extra light syrup, diced	7 lb 13 oz	1 gal + 1 cup (about 1¼ #10 cans)	15 lb 10 oz	2 gal + 2 cups (about 2½ #10 cans)	<b>6</b> While pancakes are cooking, separate pears and syrup. Place pears in a medium bowl. Pour syrup in a large nonstick pot.
Cornstarch		¼ cup		½ cup	<b>7</b> Add cornstarch, pumpkin pie spice, and vanilla extract to cold or room temperature syrup. Whisk until smooth.
Pumpkin pie spice		1 Tbsp + 1¼ tsp		2 Tbsp + 2½ tsp	
Vanilla extract		2 tsp		1 Tbsp + 1 tsp	
					<b>8</b> Heat syrup mixture on medium-high heat, whisk continuously until it begins to boil, about 10 minutes.
					<b>9</b> Add pears to syrup mixture. Stir. Bring mixture to a boil, about 10 minutes.
					<b>10</b> Reduce heat to medium-low and simmer for 8–10 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.
					<b>11</b> When pancakes are cooked completely, cut and serve. <b>For 25 servings</b> , cut pan into 25 even pieces. <b>For 50 servings</b> , cut each pan into 25 even pieces.
					<b>12</b> Serve 1 pancake square with ½ cup spiced pears. Serve immediately, or keep warm at 140 °F or higher.


**NUTRITION INFORMATION**

1 pancake and ½ cup of spiced pears

Nutrients	Amount
<b>Calories</b>	<b>137</b>
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<b>Total Fat</b>	<b>1 g</b>
Saturated Fat	0 g
Cholesterol	2 mg
<b>Sodium</b>	<b>141 mg</b>
<b>Total Carbohydrate</b>	<b>32 g</b>
Dietary Fiber	4 g
Total Sugars	15 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>3 g</b>
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Vitamin D	N/A
Calcium	10 mg
Iron	3 mg
Potassium	N/A

N/A = Data not available

**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**

25 Servings	50 Servings
Weight: 2 lb 4 oz pancake and 7 lb spiced pears	Weight: 4 lb 9 oz pancake and 14 lb spiced pears
Yield: 25 pancake squares and 3 qt ½ cup spiced pears	Yield: 50 pancakes squares and 1 gal 2 qt 1 cup spiced pears

