

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

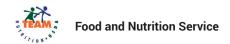
½ cup fruit 1 oz eq grains

SOURCE

Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIDECTIONS
	Weight	Measure	Weight	Measure	DIRECTIONS
					 Wash hands with soap and water for at least 20 seconds.
					2 Preheat oven to 375 °F.
Nonstick cooking spray		1 spray		2 sprays	 Spray half sheet pan (18" x 13" x 1") with nonstick cooking spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Pancake mix, whole-wheat	1 lb	1 qt	2 lb	2 qt	4 In a medium mixing bowl, combine pancake mix and water. Whisk until smooth.
Water		1 qt		2 qt	



	25 SERVINGS		50 SERVINGS			
INGREDIENTS	Weight Measure		Weight Measure		DIRECTIONS	
					5 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)	6 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	7 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		
					8 Heat syrup mixture on medium-high heat, whisk continuously until it begins to boil, about 10 minutes.	
					9 Add pears to syrup mixture. Stir. Bring mixture to a boil, about 10 minutes.	
					10 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.	
					When pancakes are cooked completely, cut and serve.For 25 servings, cut pan into 25 even pieces.For 50 servings, cut each pan into 25 even pieces.	
					12 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 Calories	Amount 137
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber Total Sugars Includes Added Sugars Protein	1 g 0 g 2 mg 141 mg 32 g 4 g 15 g N/A 3 g
Vitamin D Calcium Iron Potassium N/A = Data not available	N/A 10 mg 3 mg N/A

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				