

Kitschy Kitchen Sink Pancakes + All Shook Up Chocolate Butter + Banana Chocolate Milk



kitschy kitchen sink pancakes

crack + peel + mash

Crack **2 eggs** and add them to a mixing bowl. Then peel and chop **2 bananas** and add them to the eggs. Mash until bananas and eggs are combined.

mix + chop + add + mix

Mix in **1/2 tsp baking powder** to your pancake mix. Then chop or dice or break apart whatever **add-ins** you've chosen! Add them to your banana/egg mixture and mix again until well combined.

melt + pour + flip

Melt **2 T butter/oil** in a medium skillet over low heat. Add 1/4 cupfuls of batter to your skillet and cook for a minute or two until golden on the bottom, then carefully flip and cook the other side. Serve pancakes with **All Shook Up Chocolate Butter!** (recipe below)

::continued::

Family Fun Recipes

Sticky Fingers Cooking
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.co

© 2019 Sticky Fingers Cooking



all shook up chocolate butter

measure + add + shake

Measure and add **4 oz heavy whipping cream**, **1-2 tsp unsweetened cocoa powder**, **a pinch of salt**, and **2 heaping tsp honey/sugar/agave** to a plastic or glass jar with a tight fitting lid. Screw lid on to secure it, then shake until you no longer hear a “slooshing” sound! The butter forms after vigorous shaking, and it will be thick and creamy when it does! Taste and add more cocoa powder or sugar if needed.

banana chocolate milk

peel + add + puree

Measure and add **2 C whole milk** and **2 T unsweetened cocoa powder** to a blender. Add **1 frozen banana** or **1 fresh chopped banana + 1/2 C ice** to the blender, then puree until milk is thick and smooth. Divide into cups and enjoy!

::continued::



Family Fun Recipes



Sticky Fingers Cooking
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.co

© 2019 Sticky Fingers Cooking

shopping list!

Kitschy Kitchen Sink Pancakes

- 2 bananas
- 2 eggs
- 1/2 tsp baking powder
- 2 T butter/oil

Kitchen Sink Add-ins:

- | | |
|---|--------------------------------------|
| grated apple/zucchini/
beet/zucchini/carrot/pear | Grated coconut |
| fresh berries | Choco chips |
| pretzels/potato chips | Dried fruit |
| orange/lemon zest | cinnamon/nutmeg/pumpkin pie
spice |

All Shook Up Chocolate Butter Banana Chocolate Milk

- | | |
|-------------------------------------|---|
| 4 oz heavy whipping cream | 2 ripe frozen bananas or 2
fresh bananas + 1/2 C ice |
| 1 -2 tsp cocoa powder | |
| 2 heaping tsp honey/sugar/
agave | 2 T cocoa powder |
| Pinch salt | 2 C whole milk |

::continued::



Family Fun Recipes



THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.co

© 2019 Sticky Fingers Cooking

Let's Learn about Cocoa!

The history of chocolate goes way back to MesoAmerica. The Mayan people used cocoa as currency and as medicine: it was very valuable, just like vanilla! In fact, it was so valuable that counterfeit beans were made out of clay and avocado seeds!

But the story dates even earlier than that, and goes like this: the Olmecs of Southern Mexico were the first people to ever use cacao, dating back at least 1,000 BC. We have no written history of the Olmecs, but pots and vessels have been uncovered from this ancient civilization that show traces of a chemical unique to cacao. Olmecs drank chocolate as a bitter beverage - far from the sweet treat most of us know chocolate as today.

The Aztec people ruled until Spaniards arrived and conquered the land and its people. They took cacao beans back to Europe, where they began to experiment by adding cinnamon and sugar to sweeten it. For a long time, chocolate was only enjoyed by aristocratic people.

Cocoa is good for you! Dark chocolate helps your heart, blood and brain.

Cacao trees produce pods containing pulp-covered seeds. Before cacao is processed, it would be hard for most of us to recognize it as chocolate! This is because the pulp-covered seeds taste bitter and raw and look nothing like the chocolate products we see in stores.

To get the full health benefits of chocolate, choose at least 85% cocoa content or higher. The higher the percentage of cocoa, the more bitter the chocolate - those bitter compounds are called polyphenols, and they are special.

Fun Facts about Pancakes!

Pancakes are a universal food found in some variation from Africa to Asia to Europe and South America.

A pancake is a thin, flat cake prepared from a batter and cooked on a hot griddle or frying pan.

Most pancakes are quick breads; some use a yeast-raised or fermented batter.

One man (and giant pancake FAN) ran a marathon while tossing a pancake every 2 seconds for a continuous three hours, two minutes and twenty seven seconds!

Time for a laugh!

How do you make a pancake smile? **Butter him up!**

What's the best pancake topping? **More pancakes!**

If I hear another pancake joke, I'm gonna flip.

Family Fun Recipes

Sticky Fingers Cooking
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.co

© 2019 Sticky Fingers Cooking