

## ALPHABET PANCAKES

### Yield

2 dozen (24) 3-inch (8 cm) pancakes

### Ingredients

¾ cup	plain yogurt	175 mL
¾ cup	milk	175 mL
2	eggs, beaten	2
¼ cup	butter, melted	50 mL
1½ cups	flour	375 mL
¾ tsp	each baking powder, baking soda, salt	3 mL

### Directions

In a small bowl, combine yogurt, milk, eggs and butter. In a large bowl, stir together flour, baking powder, baking soda and salt. Add yogurt mixture all at once to dry ingredients, stirring until just combined. (Batter will be thick.) Fill empty ketchup or mustard squeeze bottles with batter. Cut nozzle off to enlarge opening. Heat greased non-stick fry pan over medium heat. For each pancake squeeze batter from bottle into fry pan making alphabet letters.\* Cook pancakes 2 minutes or until bubbles start appearing on surface; turn and cook other side. Serve with Warm Maple Butter, and fruit or a favourite topping.

\*If batter is too thick add small amount of milk (start with 1 tsp) to squeeze bottle and shake well.

### Nutrient Content

Per Serving: Energy: 59.1 Kcal · Carbohydrate: 7.3 g · Protein: 2.0 g · Fat (Total): 2.4 g · Calcium 30.4 mg