



# Mini Pancake Muffins

## Baking

ConnectABILITY.ca

### WHAT MAKES IT MEANINGFUL

Breakfast is the most important meal of the day and it provides you energy to be able to do the things you do everyday. Having a good balanced breakfast can contribute to how your day will progress but taking the first step and making something that feeds your mind and body can be very fulfilling.

This activity will work on thinking about how to start your day right, also it will get you more comfortable in the kitchen, since for this baked good it doesn't require much chopping or any other kitchen skills

### TIME

This activity should take 20-30 minutes.

### MATERIALS

Include any necessary or suggested materials needed for the activity.

- Pancake mix (\$5.00)
- Egg (\$5.00)
- Water (Free)
- Toppings
- Mini muffin pan (\$12.00)
- Oil or spray (\$5.00)
- Maple syrup (\$8.00)

### INSTRUCTIONS

Include any instructions needed:

1. First make your pancake batter, by combining pancake mix, egg(s), and water/milk.
2. Spray or oil up your mini muffin tin and pour the pancake batter into the pan.
3. Put on your desired topping like fruit or chocolate chips.



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4. Preheat the oven to 400 degrees and cook for 10-12 minutes.
5. Serve with maple syrup once out of the oven.

## RESOURCES

<https://buildyourbite.com/pancake-mini-muffins/>

## SUPPORTS NEEDED

This activity uses the oven so make sure that someone that has the skills to work an oven can be of assistance. And ensure that the proper safety precautions are taken when around the oven.

## OTHER THINGS TO NOTE

You can freeze them and save them for when you are ready to eat them again.