

Recipe

Warm-You-Up Dinner Rolls

INGREDIENTS:

2 cups flour
2 T. sugar
1 package quick-rise yeast
1/2 tsp salt
1/2 cup milk
1/4 cup water
2 T. butter

Caution: Always check for allergies before serving foods. Make substitutions as needed.

DIRECTIONS:

Preheat oven to 375°F. Combine the sugar, yeast, salt, and 3/4 cup of the flour in a bowl. Talk about the amount of each ingredient as the children take turns measuring and pouring. Set aside.

Combine the milk, water, and butter in a saucepan. Cook over medium heat until temperature reaches 120°F. Pour the mixture over the dry ingredients, and beat with a mixer at medium speed until the mixture is smooth (scrape sides as needed). Increase mixing speed to high and add 1/4 cup flour. Beat for two minutes. Stir in additional flour, as needed, until dough is soft. Cover the bowl and allow to rest for 10 minutes.

Divide the dough into approximately 12 pieces and shape each piece into a ball. Place the dough balls in a greased 8-inch round pan. Cover and allow to rise in a warm place until the dough doubles in size (about 30 minutes).

Bake for about 20 minutes or until golden brown. Remove rolls from the pan.



Recipe

Fluffy Yogurt Pancakes

INGREDIENTS:

- 1 cup flour
- 3 tsp. baking powder
- 1/4 tsp salt
- 1/2 cup milk
- 2 eggs
- 2 T. melted butter
(additional needed for cooking)
- 1 T. pure maple syrup
- 1 tsp. vanilla extract
- 1/2 cup plain Greek yogurt

*Caution: Always check for allergies before serving foods. Make substitutions as needed.

DIRECTIONS:

Adding yogurt to pancake batter helps make pancakes extra fluffy! Have children wash their hands before they help measure and mix ingredients.

In a large bowl, whisk together the flour, baking powder, and salt. Stir in the milk, eggs, melted butter, maple syrup, vanilla extract, and Greek yogurt. Melt butter in a pan over medium heat, and pour about two-thirds of batter into the warm pan. The children can carefully observe the pancake batter in the pan as an adult cooks it. What changes do they see take place as the batter cooks? Cook for several minutes, or until small bubbles form on the outside of the pancake. Flip and cook for a few more minutes, or until the middle has cooked through. Serve with fresh fruit or maple syrup.

