

HAWAIIAN PANCAKES

Start your morning with tropical flare!

Servings: 6 Calories: 320 Sodium: 403mg

Carb Count: 44g Protein: 4g Calcium: 61mg

INGREDIENTS & SUPPLIES

Pancake Mix
Coconut Milk
8oz. Can Pineapple
in juice

Bowl
1-cup Measure
Can Opener
Colander
Knife
Cutting board
Whisk
9x13 Casserole Dish
Cooking Spray
Spatula



Pineapple

Pineapples are a very unique, healthy, and helpful fruit. Pineapples are the only known food to contain an enzyme called bromelain. This enzyme helps your tissues to repair and regrow after injury. Pineapple is also full of magnesium which helps your bones to stay strong and protects your immune system! Finally, pineapple is full of fiber which helps to aid your digestion and keep you feeling full for longer.

FEATURING...

VARIATIONS...

DIRECTIONS

- **PREHEAT OVEN TO 350F.**
- **MAKE HAWAIIAN PANCAKES.**
 - In bowl, measure out two cups of pancake mix.
 - Use can opener to open can of coconut milk. Pour into pancake mix.
 - Use can opener to open can of pineapple. Drain pineapple in colander but do not rinse. If pineapple pieces are large, use knife to cut into smaller pieces.
 - Add pineapple pieces to bowl of pancake mix and coconut milk. Use whisk to stir to combine all ingredients.
- **BAKE HAWAIIAN PANCAKES.**
 - Spray 9x13 casserole dish with cooking spray to prevent sticking.
 - Pour pancake batter into casserole dish. Use spatula to scrape out bowl and to spread pancake batter evenly in dish.
 - Bake pancakes 35-45 minutes, until puffed and light golden brown.
- **FINISH HAWAIIAN PANCAKES.**
 - Use oven mitts to remove finished Hawaiian Pancakes from oven. Let sit to cool for five minutes.
 - Cut pancake into 6-8 pieces. Top with desired toppings and enjoy!
 - Store any leftovers in an air-tight container in the refrigerator.

Muffins!

Fill muffin cups $\frac{3}{4}$ full with batter. Bake 15-20 minutes.

Toppings

Sliced Bananas
Shredded Coconut
Macadamia nuts
Walnuts
Syrup



Serve with:

Fruit salad and sausage patties for a hearty breakfast.

Additional Suggestions

- Start the baking process at 25 minutes to start. After 25 mins check pancake with toothpick for doneness.
- If still doughy bake for another 10 mins.
- Baking times may vary depending on size of baking dish.



For a more thick Pancake
Bake in a 8"x8" glass dish

