



PINEAPPLE UPSIDE DOWN PANCAKES

June 27

International Pineapple Day

INGREDIENTS

- 2 Cups Baking Mix
(enriched or whole grain-rich)
- 1 Cup Milk
- 2 Eggs
- 20 Ounces Pineapple Slices
- 8-10 Maraschino Cherries
- ¼ Cup Brown Sugar
- Butter or Cooking Spray
- Maple Syrup (for serving)

DIRECTIONS

1. Heat skillet to medium low. Drain and dry pineapple.
2. Whisk together Bisquick, milk and eggs.
3. Pour ¼ cup batter, cook 2 minutes, add pineapple and cherry, sprinkle sugar.
4. Flip and cook 2-3 minutes more.

MEAL PATTERN CONTRIBUTION



Grain

MEAL TYPE



Breakfast

YIELD

8 Pancakes

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Pancake	2 Pancakes	2 Pancakes	2¼ Pancakes