Pacific Islands & Oceania
PINEAPPLE PANCAKES



INGREDIENTS

- 1½ Cups Crushed Pineapple (canned in juice, undrained)
- 1½ Cups All-Purpose Flour (enriched)
- ¼ Cup Sugar
- 2 Teaspoons Baking Powder
- 1 Teaspoon Baking Soda
- ½ Teaspoon Salt
- 2 Eggs
- ¼ Cup Butter (melted)

DIRECTIONS

1. In a large bowl, stir together crushed pineapple, sugar, baking powder, baking soda, salt, eggs and melted butter.
2. Slowly add the flour, stirring until a thick batter forms that spreads slightly without being runny.
3. Heat a nonstick griddle or skillet over medium-high heat. Scoop ¼ cup batter per pancake to make 12 pancakes.
4. When bubbles form on top, flip and cook until lightly browned. Keep warm on a sheet pan in a 200°F oven until serving.
5. Serve pancakes warm per portion sizes below.

MEAL PATTERN CONTRIBUTION

Grain

MEAL TYPE

Breakfast

YIELD

12 Pancakes

PORTION SIZES

Toddler:	1 Pancake
Preschool:	1 Pancake
School Age:	2 Pancakes
Adult:	3 Pancakes