



Oven-Baked Pancakes With Spiced Pears

Love pancakes, but don't love using a spatula? Oven-baked pancakes have all the flavor of a traditional pancake, but no flipping is required.

AGES: 3–5 years

PREP TIME: 45 minutes

COOK TIME: 1 hour 20 minutes

CACFP CREDITING INFORMATION

½ cup fruit

½ oz eq grains 

SOURCE

Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<ol style="list-style-type: none"> 1 Wash hands with soap and water for at least 20 seconds. 2 Preheat oven to 375 °F.
Nonstick cooking spray		1 spray		1 spray	<ol style="list-style-type: none"> 3 Spray baking dish/pan with nonstick cooking spray. For 25 servings, use large baking dish (9" x 13"). For 50 servings, use 1 half sheet pan (18" x 13" x 1").
Pancake mix, whole-wheat	8 oz	2 cups	1 lb	1 qt	<ol style="list-style-type: none"> 4 In a medium mixing bowl, combine pancake mix and water. Whisk until smooth.
Water	16 fl oz	2 cups	32 fl oz	1 qt	

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					<p>5 Pour pancake batter into baking dish/pan and bake in the oven for 45–50 minutes.</p>
Pears, canned in extra light syrup, diced	7 lb 13 oz	1 gal + 1 cup (about 1¼ #10 cans)	15 lb 10 oz	2 gal + 2 cups (about 2½ #10 cans)	<p>6 While pancakes are cooking, separate pears and syrup. Place pears in a medium bowl. Pour syrup in a large nonstick pot.</p>
Cornstarch		¼ cup		½ cup	<p>7 Add cornstarch, pumpkin pie spice, and vanilla extract to cold or room temperature syrup. Whisk until smooth.</p>
Pumpkin pie spice		1 Tbsp + 1¼ tsp		2 Tbsp + 2½ tsp	
Vanilla extract		2 tsp		1 Tbsp + 1 tsp	
					<p>8 Heat syrup mixture on medium-high heat, whisk continuously until it begins to boil, about 10 minutes.</p>
					<p>9 Add pears to syrup mixture. Stir. Bring mixture to a boil, about 10 minutes.</p>
					<p>10 Reduce heat to medium-low and simmer for 8–10 minutes, or until it becomes nectar-thick. Stir often to prevent pears from sticking to the pan. Heat to 140 °F or higher for at least 15 seconds. Remove from heat.</p>
					<p>11 When pancakes are cooked completely, cut and serve. For 25 servings, cut pan into 25 even pieces. For 50 servings, cut each pan into 50 even pieces.</p>
					<p>12 Serve 1 pancake square with ½ cup spiced pears. Serve immediately, or keep warm at 140 °F or higher.</p>

NUTRITION INFORMATION

1 pancake and ½ cup of spiced pears

Nutrients	Amount
Calories	106
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Total Fat	0 g
Saturated Fat	0 g
Cholesterol	1 mg
Sodium	73 mg
Total Carbohydrate	26 g
Dietary Fiber	3 g
Total Sugars	14 g
Includes Added Sugars	N/A
Protein	1 g
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Vitamin D	N/A
Calcium	6 mg
Iron	2 mg
Potassium	N/A

N/A = Data not available

NOTES

- **Contains wheat (pancake mix).** Pancake mix can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- To verify pancakes are done, insert a wooden toothpick into the center of the pan. If wet batter sticks to the toothpick, the pancake needs more baking time.
- Pancake shrinks away from pan sides after cooking. Cut pieces evenly.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

YIELD/VOLUME

25 Servings	50 Servings
Weight: 1 lb pancake and 7 lb spiced pears	Weight: 2 lb 4 oz pancake and 14 lb spiced pears
Yield: 25 pancake pieces and 3 qt ½ cup spiced pears	Yield: 50 pancakes pieces and 1 gal 2 qt 1 cup spiced pears

