

KIDS COOKING LOCAL AT HOME: WEEK OF MARCH 8-12, 2021



ITEMS IN THE KCL BAG

Provided by C&S Wholesale Grocers

- 1 bag of all-purpose flour
- 1 bottle of cinnamon powder
- 1 container of baking powder
- 1 bottle of vanilla extract
- 1 can/box of shelf-stable milk

Produce and dairy (*indicates locally grown)

- 1 sweet potato *
- 2 bananas *
- 1 dozen eggs

Sweet Potato and Banana Pancakes

Demonstration by Chef Bryson Carvalho of Eggs n Things Ko Olina

Find the link to the video on this page: <https://www.hawaiiagfoundation.org/kids-cooking-local-hawaii/>

*NOTE: If this is your first time to access this site, you will need to **SIGN UP** to gain access.*

Please fill out the post-cooking survey once you are done: <https://forms.gle/BV6ypo5E2KTnny2v7>

Ingredients:

- 1 small sweet potato, finely chopped
- 1 cup all-purpose flour
- 1 tsp. cinnamon
- 1 tsp. baking powder
- 1 tsp. vanilla
- 2 ripe bananas
- 2 eggs
- 1/3 cup milk

Directions:

1. Place the chopped sweet potato in a microwave safe bowl and fill about two inches with water. Microwave for 6-7minutes. Taste for proper consistency. Let slightly cool, then drain water. Mash
2. In a mixing bowl, stir together the flour, cinnamon, baking powder, vanilla, banana and eggs. Add the sweet potato and combine together.
3. Mix in enough milk to make a pourable batter.
4. In a skillet (frying pan), over medium heat, melt a sliver of butter (or use olive oil).
5. Pour about two tablespoons of batter at a time. Add a few slices of banana onto each pancake batter in the pan. Cook each side until it starts to bubble and is crusty on the edges (about 2 minutes each side).
6. Add more butter/oil and repeat for more pancakes.