**Fluffy Pancakes**

*Allrecipes; for 4*

250 mL flour

30 mL sugar

5 mL baking powder

2 mL baking soda

180 mL buttermilk

1 egg

30 mL margarine, melted

oil for frying pan

1. In a large bowl, combine flour, sugar, baking powder, and baking soda.
2. In a separate bowl, combine buttermilk, egg and melted margarine.
3. Add wet ingredients to dry ingredients. Whisk until lumps are gone. Let sit for 10 minutes.
4. Pre heat the frying pan over medium heat. Test pan for readiness. Add oil. Pour 60 mL batter onto the skillet and cook until bubbles appear on the surface. Flip with a spatual and cook until browned on the other side.
5. Place cooked pancakes on cookie sheet, one layer thick (no stalking), and keep warm oven (200 F).

**Fruit Salad**

½ cantaloupe, diced

1 banana, peeled and sliced

Grapes

Strawberries

Wash and pat dry grapes and strawberries. Prepare and slice all fruit. Combine in large bowl.

Cover and store in fridge until ready.

**Very Berry Smoothie (for 2 or 4)**

|  |  |  |
| --- | --- | --- |
| 250 mL  175 mL  5 mL  125 mL | Milk  Frozen raspberries  Sugar  Vanilla yogurt | 500 mL  350 mL  10 mL  250 mL |

*Note: blenders work best if half full. Blend smoothie for 2 then repeat for another batch.*

In a blender, puree milk, frozen fruit and sugar until smooth. Add yogurt and blend well.