**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 mL175 mL5 mL125 mL | MilkFrozen raspberriesSugarVanilla yogurt | 500 mL350 mL10 mL250 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.