



Gingerbread Pancakes

Whip up a batch of these gingerbread pancakes and your house will be filled with the wonderful smells of ginger, cinnamon and cloves. Not only do these spices smell good but they may have health benefits as well. Ginger has been used for centuries to treat nausea, vomiting and stomach upset. Research shows that ginger may help to reduce inflammation in the body. Lab studies suggest that cinnamon may reduce inflammation, have antioxidant effects, and fight bacteria. Cloves are used in pain relief and as an antibacterial agent and are thought to have anti-inflammatory benefits as well.



The recipe below is from *The Early Sprouts Cookbook* by Karrie Kalich, Lynn Arnold and Carole Russell and is a child friendly recipe. Because this may be a new recipe for your child, taking the time to make it together will help to make him or her feel more comfortable about eating the gingerbread pancakes for the first time. Let your child smell each spice as they measure them out and add them to the other dry ingredients. Enjoy the whole experience!

1 egg	1/4 tsp. baking soda
1 1/4 c. skim milk	1/8 tsp. salt
3 T. molasses	1 tsp. ground cinnamon
2 T. canola oil	1/2 tsp. ground ginger
1 1/3 c. whole wheat pastry flour	1/8 tsp ground cloves
1 tsp. baking powder	Nonstick cooking spray



1. In a medium bowl, beat egg with whisk. Blend in milk, molasses and oil.
2. Combine flour, baking powder, baking soda, salt and spices in a second medium bowl.
3. Add dry ingredients to wet ingredients and mix only until smooth
4. Lightly spray nonstick skillet or electric griddle with nonstick cooking spray. Heat skillet on medium high or electric griddle at 375 degrees F.
5. Pour 1/4 c. of batter on the griddle. Cook until pancakes are puffed and brown on one side; flip and cook until browned on the other side.
6. Serve with warm applesauce. Makes 10 pancakes.