

Pancakes Sensory Recipe

Any way you stack 'em, pancakes are as much fun to make as they are to eat

Sometimes it's hard to introduce new flavors or textures to very young children with sensitive palates. But who doesn't love pancakes? We love them because their soft, sweet, pillowy texture appeals to picky eaters, and you can even eat them with your hands. Pancakes are easy to make because you'll likely have all the ingredients on hand, and they're great any time of the day. Pancakes for dinner? Yes, please!

This recipe adapted from Martha Stewart makes four servings, or 12 to 15 pancakes.







Recipe and photo courtesy of [Martha Stewart](#)

Ingredients









- 1 cup all-purpose flour (spooned and leveled)
- 2 tablespoons sugar
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 cup milk
- 2 tablespoons melted butter, or 2 tablespoons vegetable oil
- 1 large egg
- 1 teaspoon vanilla extract
- Vegetable oil for greasing the skillet

Utensils

- Baking sheet or heatproof platter
- Large non-stick skillet or griddle
- Small bowl
- Whisk
- Medium bowl
- Measuring cups
- Measuring spoons
- Spoon or ladle

Recipe	Suggested Sensory Directions
<p>1. Preheat oven to 200 degrees. Gather the ingredients and utensils. Have a baking sheet or heatproof platter ready to keep cooked pancakes warm in the oven.</p>	<p> What do the utensils feel like? Are their textures rough or smooth? Do the mixing bowls feel warm or cold?</p> <p> What happens when you bang the whisk on your bowl or your work surface? The wires make a fun vibrating sound to go along with your kitchen band!</p> <p> A baking sheet is not only made for cooking in the oven. If you're looking for additional activities, turn a baking tray into a sensory toy for your child by hanging Mardi Gras beads, curling ribbon, or even measuring spoons from a ruler glued inside the tray. The shiny, metallic surface is a contrasting background, and it makes noise when you hit it.</p> <p> Listen for the beep when the oven's ready.</p>

Recipe	Suggested Sensory Directions
<p>2. In a small bowl, whisk together the flour, sugar, baking powder, and salt.</p>	<p> Make the white ingredients stand out by mixing them in a dark-colored bowl.</p> <p> If some flour spills on your work surface, allow your child to touch it, or make fingerprints. Flour feels soft.</p> <p> Put a little sugar on your child's finger or their lips and let them taste the sweetness.</p> <p> Talk about the ingredients using descriptive words like "dry," "white," and "powdery." Does the mixture make any sounds when you stir it with your whisk?</p> <p> Using hand under hand, invite your child to hop on top of your hand as you whisk the ingredients.</p>
<p>3. In a medium bowl, whisk together the milk, butter or oil, egg, and vanilla extract.</p>	<p> Put a little milk on your child's finger or their lips. Pour some into their favorite cup to drink.</p> <p> Look at how yellow the egg yolk is in the bowl!</p> <p> Use narration to describe how you are stirring the wet ingredients together. It makes this step in the recipe come alive, especially when the mixture turns yellow.</p>
<p>4. Add the dry ingredients to the milk mixture and whisk until the batter is just moistened. Do not overmix. A few lumps are fine!</p>	<p> Invite your child to put their hand on top of yours when you stir the batter. You can also mix the ingredients in a plastic bag to help your child feel more comfortable squishing the batter. But not too much!</p> <p> You could say, "The pancake batter is getting thick! Look at all those lumps of flour. We need to stir (or squish) a little bit more." Count out loud how many strokes you are making in your mixing bowl.</p>

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<p>5. Heat a large nonstick skillet or griddle over medium heat. Carefully rub skillet with an oiled paper towel.</p>	<p> The stove or griddle is getting hot! While many kitchen utensils are for adults' use only, you can still introduce important concepts to your child like "hot," "cold," "sharp," and "lumpy" when you cook. Allow your child to watch or listen to you cook the pancakes so they don't miss out on any steps in the process.</p>
<p>6. For each pancake, spoon 2 to 3 tablespoons of batter on your skillet. Depending on how big you like them, you should be able to fit 2 or 3 pancakes.</p>	<p> Count out loud how many pancakes you're making. Who gets to eat the first ones off the skillet?</p> <p> The light-colored pancakes are easy to see on a dark skillet.</p>
<p>7. Cook until the surface of the pancakes have some bubbles and a few have burst, about 1 to 2 minutes. Flip carefully with a thin spatula and cook until browned on the other side, 1 to 2 minutes more. Transfer to your baking sheet or platter, or to your plate. Cover with foil to keep the pancakes warm.</p>	<p> Watch for the bubbles! See how they pop.</p> <p> Talk about the bubbles popping. Count out loud how many bubbles are in your pancakes.</p> <p> Use narration to describe how you are flipping the pancakes over so they can cook on the other side. "Flip," "pop," and "stack" are great action verbs for this classic recipe.</p>
<p>4. Make some more pancakes until the batter is all gone. Try making a batch with blueberries or chocolate chips sprinkled on top. Serve them with butter, maple syrup, or just plain.</p>	<p> Now you can smell the sweet, golden-brown flavor of the pancakes as they're cooking. Does anyone else smell pancakes?</p> <p> You could say, "Pancakes are ready! Get them while they're hot!"</p>



"Pancakes" by Alessia Albanese