**PANCAKE EXPERIMENT – KITCHEN #1**

Make the following pancake recipe without this ingredient: **SUGAR**

**Ingredients:**

1 c. flour

1 tsp. baking powder

½ tsp. baking soda

¼ tsp. salt

1 c. buttermilk

1 egg

2 Tbsp. oil

**Directions:**

1. In a large bowl, mix together the flour, baking powder, baking soda and salt.
2. In a separate bowl, mix together the buttermilk, egg, and 2 Tbsp. oil.
3. Mix the dry and liquid ingredients together until smooth.
4. Warm the large non-stick frying pan over medium heat (about a 6).
5. Coat pan with cooking spray and pour the batter into the frying pan. Make 16 small pancakes so everyone in the class can have one pancake.
6. Cook until both sides are golden brown. Remove from heat and stack cooked pancakes on a dinner plate. Serve the pancakes to your classmates for evaluation.

**PANCAKE EXPERIMENT – KITCHEN #2**

Make the following pancake recipe without this ingredient: **SALT**

**Ingredients:**

1 c. flour

1 Tbsp. sugar

1 tsp. baking powder

½ tsp. baking soda

1 c. buttermilk

1 egg

2 Tbsp. oil

**Directions:**

1. In a large bowl, mix together the flour, sugar, baking powder and baking soda.
2. In a separate bowl, mix together the buttermilk, egg, and 2 Tbsp. oil.
3. Mix the dry and liquid ingredients together until smooth.
4. Warm the large non-stick frying pan over medium heat (about a 6).
5. Coat pan with cooking spray and pour the batter into the frying pan. Make 16 small pancakes so everyone in the class can have one pancake.
6. Cook until both sides are golden brown. Remove from heat and stack cooked pancakes on a dinner plate. Serve the pancakes to your classmates for evaluation.

**PANCAKE EXPERIMENT – KITCHEN #3**

Make the following pancake recipe without these two ingredients: **BAKING POWDER AND BAKING SODA**

**Ingredients:**

1 c. flour

1 Tbsp. sugar

¼ tsp. salt

1 c. buttermilk

1 egg

2 Tbsp. oil

**Directions:**

1. In a large bowl, mix together the flour, sugar and salt.
2. In a separate bowl, mix together the buttermilk, egg, and 2 Tbsp. oil.
3. Mix the dry and liquid ingredients together until smooth.
4. Warm the large non-stick frying pan over medium heat (about a 6).
5. Coat pan with cooking spray and pour the batter into the frying pan. Make 16 small pancakes so everyone in the class can have one pancake.
6. Cook until both sides are golden brown. Remove from heat and stack cooked pancakes on a dinner plate. Serve the pancakes to your classmates for evaluation.

**PANCAKE EXPERIMENT – KITCHEN #4**

This kitchen is the control group. You will prepare the pancakes using the original recipe, no missing ingredients.

**Ingredients:**

1 c. flour

1 Tbsp. sugar

1 tsp. baking powder

½ tsp. baking soda

¼ tsp. salt

1 c. buttermilk

1 egg

2 Tbsp. oil

**Directions:**

1. In a large bowl, mix together the flour, sugar, baking powder, baking soda and salt.
2. In a separate bowl, mix together the buttermilk, egg, and 2 Tbsp. oil.
3. Mix the dry and liquid ingredients together until smooth.
4. Warm the large non-stick frying pan over medium heat (about a 6).
5. Coat pan with cooking spray and pour the batter into the frying pan. Make 16 small pancakes so everyone in the class can have one pancake.
6. Cook until both sides are golden brown. Remove from heat and stack cooked pancakes on a dinner plate. Serve the pancakes to your classmates for evaluation.