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FOR IMMEDIATE RELEASE
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FEBRUARY IS BAKE FOR FAMILY FUN MONTH

Pizza, pancakes, cookies, bread....families can reap the benefits of baking together during “Bake for Family Fun Month”. The Home Baking Association has designated each February as “Bake for Family Fun Month.” It is an ideal time for families to explore baking together.

Baking is an inexpensive family activity with delicious results that the entire family can enjoy. Charlene Patton, Home Baking Association administrator, suggests families visit the Home Baking Association Web site (www.homebaking.org) each week during February where they will find new baking activities, recipes, and resources for baking together.

“Let’s Get Started Baking” is the theme for Week One and includes tips for successful baking with children, age appropriate skills for children, kitchen safety and reasons to bake with your children. The first week’s family baking activity, “I Can’t Believe My Eyes....The Wonder of Science” introduces young children to the amazing change of ingredients in the kitchen during baking. Home Baking Association members

provide additional recipes and baking activities each week. Other weekly themes during February with special family baking ideas are “Baking for My Valentine”, “Baking History and Traditions” and “Baking for Others”. A special certificate can be printed from the Web site to reward children for baking.

The Home Baking Association mission is to grow the practice of home baking. Members include corporations and associations that promote home baking by providing resources and information to perpetuate future generations of home bakers.

Additional baking resource information is available from members through the www.homebaking.org Web site. Members are: ACH Food Companies, Inc; Alcoa Consumer Products; American Egg Board, Bob’s Red Mill Natural Foods; Cereal Food Processors, Inc.; Chelsea Milling Company; Chocolate Manufacturers Association; Clabber Girl; Farmer Direct Foods; Gold Medal Flour; Hodgson Mill, Inc; House-Autry Mills, Inc.; ICL Performance Products LP; J.M. Smucker Company ; King Arthur Flour Company; Land O’Lakes, Inc.; Lesaffre Yeast Corporation; North American Millers; Association; Rabbit Creek; Shawnee Milling Company; South Dakota Wheat Commission; Stafford County Flour Mills Company; Stone-Buhr Flour Company; Washington Wheat Commission; and Wilkins-Rogers, Inc.

Try this delicious recipe for “Favorite Pancakes” for a special family breakfast. Pancakes are an easy family baking recipe to make. Blend the dry ingredients, add the liquids and stir just until moistened and they are ready to cook on a griddle or skillet! In minutes your family will love the mouth-watering results!

FAVORITE PANCAKES

Makes 15, 2 oz. (56 g) pancakes

¾ cup all-purpose flour
¾ cup whole wheat flour
½ cup cornmeal*
2 tablespoons sugar
1 tablespoon baking powder
½ teaspoon salt
1 egg, beaten
2 cups low-fat milk
3 tablespoons melted, butter
Pan spray or oil to grease griddle or skillet

1. In mixing bowl, combine flour, cornmeal, sugar, baking powder and salt with wire whisk.
2. In a separate bowl, blend together egg, milk and butter with wire whisk.
3. Spray or oil the griddle and preheat to 375 degrees F.
4. Add liquid all at once to flour mixture, stirring with spoon only until the ingredients are blended.
5. For each, ladle or pour about ¼ cup batter onto preheated skillet or griddle. Bake until small bubbles begin to pop and edges are dry. Sprinkle on chopped nuts, chips or fruit pieces before flipping pancakes.
6. Turn pancakes over and bake on griddle until golden brown.

* Option for multigrain pancakes: instead of ½ cup cornmeal use ¼ cup cornmeal and ¼ cup oatmeal, soy flour or other flours to equal ½ cup.

Fabulous Topping Ideas:

- **Before flipping**...sprinkle surface of each pancake with chopped nuts, dried, frozen or fresh fruit pieces, mini-chocolate pieces or sunflower seeds.
- **Honey or fruit butter**—blend ½ cup room temperature butter and 1/3 cup honey or preserves
- **Fruit Sauce:** Spoon over pancakes. Blend one, 15-oz. can drained canned apricots or jar applesauce with one, 15-oz. can peaches or mandarin oranges and 1 fresh nectarine or other fresh fruit (strawberries, raspberries, blackberries...)
- **Homemade syrup**—Bring 2 cups brown sugar and 1 ½ cups water to a boil; simmer 3 minutes. Stir in ½ teaspoon maple or vanilla flavoring and remove from heat. Just heat to dissolve crystals that may form when stored in the refrigerator.

Nutrition Facts	
Serving Size (58g) Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 2g	9%
Cholesterol 20mg	7%
Sodium 230mg	10%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	5%
Sugars 3g	
Protein 3g	
Vitamin A 4%	Vitamin C 0%
Calcium 6%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

(end)