

Microwave Cooked Bowl Pancake



Tip: Along with their terrific fresh flavor, the great thing about these energy-sustaining pancakes is mixing, cooking and eating them right out of the same bowl. Easy to make. Easy to clean up.

Preparation Time: 5-10 minutes

Needed
(per person)

Cooking Spray

1 Egg

Dash of Salt (optional - helps make eggs fluffy)

Shot of Vanilla Extract

Ground Cinnamon

1 Handful of Your Favorite Cereal

1 Handful Pancake Mix

Shot of Milk

Favorite Pancake Topping (sample toppings are shown at the end of this recipe)

Microwave Oven Safe Bowl

Fork

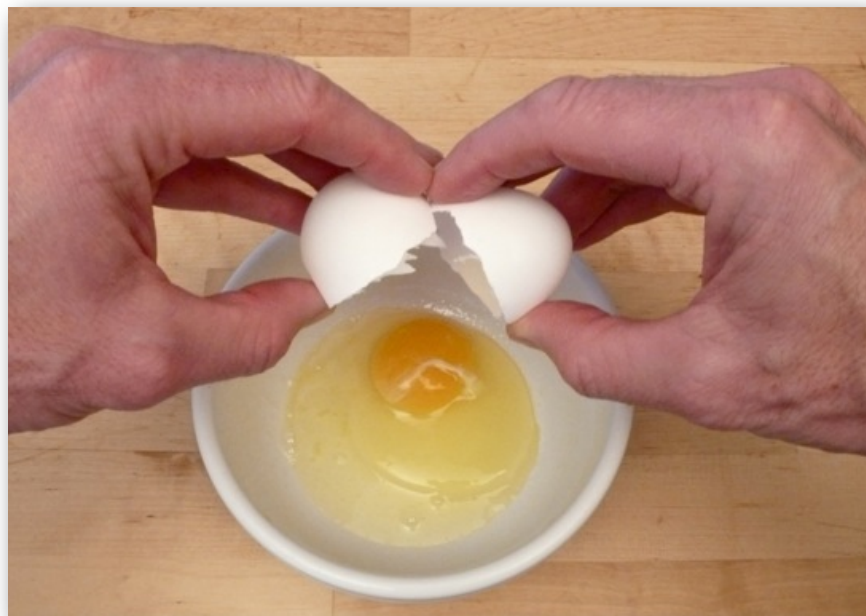
Potholder or Folded Dishtowel



1. Spray a **microwave oven safe bowl** with a light, even coat of **cooking spray**.



2. Break **1 egg** into the bowl and add the **following ingredients**:



Light dash of salt



Shot of vanilla extract



Shake of ground cinnamon



1 handful of your favorite cereal



1 handful pancake mix



Light shot of milk



3. Stir vigorously with a fork until **all the ingredients** are well mixed together like this.



4. Put the bowl in the middle of the microwave oven, and cook using HIGH heat or 100% power for about 1 1/2 minutes. **NOTE:** Cooking time will vary depending on microwave oven watt power. I used a 1200-watt microwave oven and cooked the bowl pancake as shown for 1 1/2 minutes. If your microwave puts out less watt power, cooking time will be longer. If your microwave oven puts more watt power, cooking time will be shorter.



5. After cooking, carefully remove the bowl from the microwave oven by either gripping the cooler top edge of the bowl (left photo below) or using a potholder or folded dishtowel (right photo below) , and check the **bowl pancake** for **DONENESS** as shown in the pictures that follow.



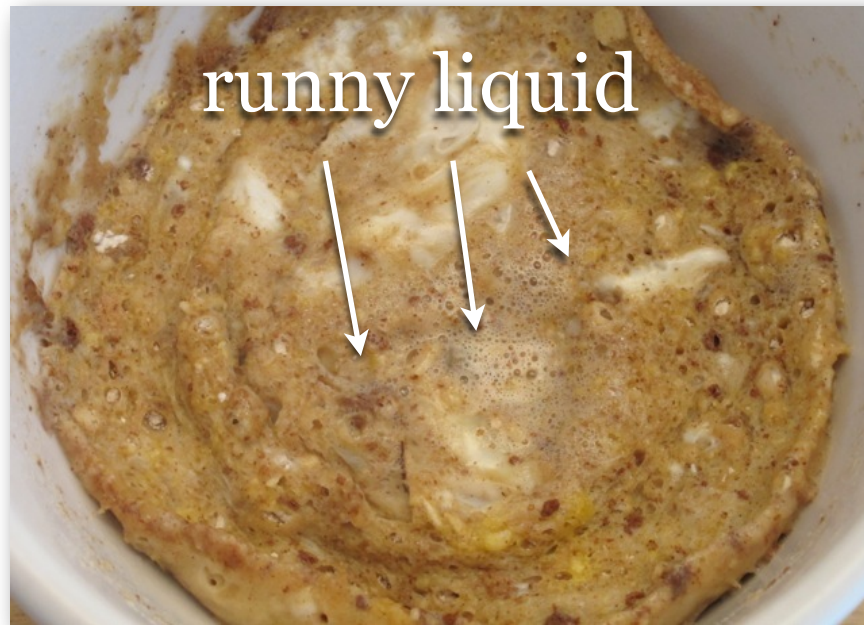
BOWL PANCAKE DONENESS

The **bowl pancake** is safely cooked when the **batter** is uniformly solid with no runny liquid as shown below. If, however,...



Properly Cooked Bowl Pancake

...the **batter** is undercooked - still runny and wet as shown in the **Undercooked Bowl Pancake** picture below, keep cooking in the microwave oven and checking for doneness at 30 second intervals until the **bowl pancake** looks as shown in the **Properly Cooked Bowl Pancake** photo above.



Undercooked Bowl Pancake

6. Top the **freshly cooked bowl pancake** with your choice or a combination of the following **sample ingredients** - or **any other ingredients** that suit your specific taste.

Your Favorite Nut Butter

Your Favorite Yogurt (I'm using nonfat plain yogurt)

Whipped Cream

Fresh Fruit (I'm using blueberries, but any fresh fruit will work)

Dried Fruit (I'm using dried cherries and dates, but any dried fruit will work)



Your favorite nut butter (just scoop and spread)



Your favorite yogurt



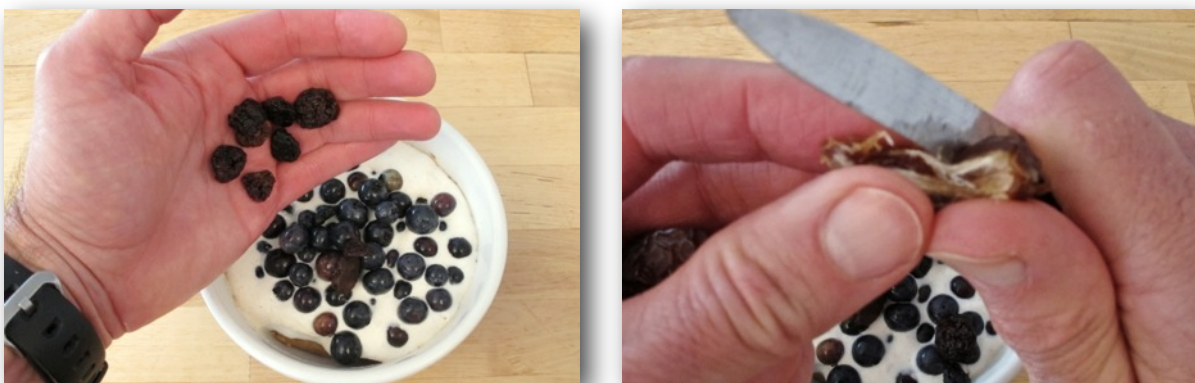
Whipped cream



Your favorite fresh fruit - after it's been rinsed in the sink as shown in the insert picture below right



Dried fruit (either straight out of the package or cut into bite sized pieces as shown below right)



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Gotta' Eat, Can't Cook

"Show Me How" Video & Picture Book Cooking