



CCCA W.I.L.D. RANGERS

MAPLE MAGIC

LET'S MAKE SOME PANCAKES!!

Ingredients:

- 1.5 cup flour
- 3 tbsp baking powder
- 3 tbsp oil
- 3 tbsp sugar
- 1 egg
- 3/4 cup to 1 1/4 cup of milk

Steps:

1. Combine all the ingredients (milk depends on how creamy and fluffy you want your pancakes) in a bowl and stir.
2. Heat oil or butter (~1-2 tbsp) in a pan or use an electric frying pan.
3. Pour mix onto the pan when it is heated.
4. Flip pancakes when bubbles start popping.
5. Enjoy with toppings and maple syrup of course!

FAST FACTS ABOUT MAPLE SYRUP:

1. Syrup's flavour depends on when the sap runs. Early season sap = lighter in colour and flavour. Later in the season, when temperatures are warmer, the sap darkens = darker the colour and stronger flavour.
2. Pure maple syrup has the same beneficial classes of antioxidant compounds found in berries, tomatoes, tea, red wine, whole wheat and flaxseed.
3. Maple syrup can be a great sweetener substitute! Use one-to-one substitution for liquid sweeteners such as honey, molasses and corn syrup, and 2/3 cup maple syrup for every 1 cup of granulated sugar.



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