

# RAINBOW BRUNCH by P.B. & Ellie's Cafe

In this yummy, good-for-you, meal-turned-activity, the fun really starts at the grocery store. Challenge your kids to find fruits, vegetables, juices and syrups that will help you cover all 7 colors of the rainbow. The only rule is no artificial colors allowed! We've made suggestions below to get you started:

**PURPLE:** Grape Juice

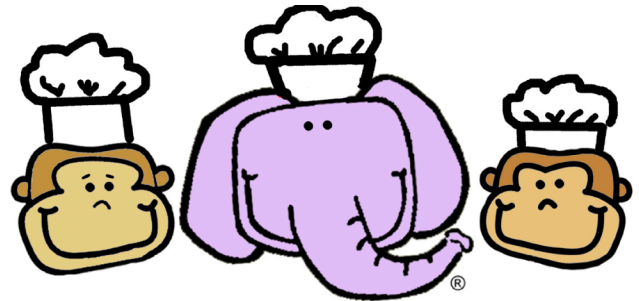
**BLUE:** Blueberry Pancakes

**GREEN:** Green Eggs

**YELLOW:** Sliced Bananas,

**ORANGE:** Pumpkin Pancakes, Orange Juice

**RED:** Sliced Strawberries, Raspberry Pancakes



## Making Your Rainbow Pancakes:

- ♥ Follow your favorite whole wheat pancake batter recipe, or use a mix. We like Bob's Red Mill 10 grain Pancake and Waffle Mix.
- ♥ Puree 1 cup of your pancake colorants in the blender - for example, blueberries for blue and raspberries for red. Put each puree in their own small bowl.
- ♥ For pumpkin pancakes, use 1/4 cup pure pumpkin puree, (not pie filling), and add 1/4 t cinnamon and 1/8 t nutmeg, mixing well in a small bowl
- ♥ Divide batter into medium bowls so each Kiddo Cook has an equal amount.
- ♥ Assign each Kiddo Cook a color, allowing them to mix the desired amount of color puree into their batter. They can experiment with more, less, or mixing colors.
- ♥ Using a skillet sprayed with canola oil pour out batter, watching what happens to the colors as the pancakes cook.

## Making Your Green Eggs:

- ♥ Sauté 2 adult handfuls of fresh, washed spinach, using only the water from washing it.
- ♥ Place in blender with 1/2 cup of nonfat milk. Blend until liquefied, and no spinach "specks" are visible.
- ♥ Allow Kiddo Cooks to crack eggs into medium size bowl. For younger kids, let them tap egg to start crack and parent can finish.
- ♥ Have Kiddo Cook measure one tablespoon of green milk per egg and mix gently with a fork.
- ♥ Cook in skillet sprayed with canola oil. Add salt and pepper to taste.

## Additional Tips::

- ♥ Complete presentation with sliced fruit & veggies, different colored juices, and different color syrups. Pancake batter and amount puree added will affect color, so if a true representation of each color is important, cover your bases with these.
- ♥ Using clear glass or white dishes highlights the color for added fun. This makes for a beautiful table, so it's a great special occasion meal, or sleep-over morning activity.