

# PANCAKE PRAYER STACK

## Supplies:

Paper or Cardboard, scissors, markers, or crayons

## Directions:

- Cut out several "pancakes" from cardboard or paper (I suggest brown paper bags) so that each family member can write down their requests.
- After your pancake meal, pass out the pancakes and something to write with. Have each family member write down one prayer request or praise per pancake.
- As a family, pray over these prayers and praises. As you pray for one, begin stacking them, one on top of the other. Option: Add to your stack every night of lent until you have a giant stack of pancake prayers!

# PANCAKE RELAY RACE

A little fun family competition!

## Supplies:

2 spatulas, 4 plates, pancakes

(note real pancakes or make your own. Cardboard, weighted by taping some coins on them would work)

## Directions:

- Divide your family into two teams. (You may want to clear some space so you will have enough space to run,
- Give each team a stack of pancakes, a spatula, and 2 plates.
- Place a stack of pancakes (per team) on one end and have players line up on the opposite end.
- Give the first player on each team a spatula and place an empty plate beside where your team lines up.
- On "Go", one player from each team will race down with their spatula. They will place one pancake on their spatula and race back to where they started.
- They will drop the pancake onto the plate and pass off the spatula to the next person in line. Teams will continue this until all pancakes have been successfully taken to your team's plate at the starting line. The first team done, wins!



## SHROVE TUESDAY PANCAKES

### INGREDIENTS NEEDED

- Bag of Mix
- 2 cups milk  
(or buttermilk or rice milk)
- 2 eggs
- 4 T vegetable oil
- Optional ½ t vanilla

### (IF YOU WANT TO MAKE MORE)

#### EACH MIX CONTAINS:

- 2 C all-purpose flour
- 2 t baking powder
- 2 T sugar
- ½ t salt

### INSTRUCTIONS:

1. Pour the dry mix into a medium-size bowl.
2. Mix the milk, eggs and oil in a bowl.
3. Pour wet into dry and stir to combine.
4. Pour ¼ cup of pancake batter onto the preheated pan or griddle over medium heat. (nonstick or lightly oiled)
5. Wait until bubbles form to flip.
6. Each mix makes 10-12 pancakes.

### OPTIONS:

- Add fresh or frozen blueberries
- Add chocolate chips
- Top with Applesauce and/or Vanilla yogurt in place of syrup

Shrove Tuesday is otherwise known as  
Fat Tuesday or Pancake Day  
Pancake Day is the day before Lent Starts!  
This year it is February 16.