

Superman Pancakes



What you will need:

- Pancakes
- Strawberries
- Plastic knife**

**use caution when handling sharps around children. Complete the cutting for them if necessary.

Directions:

1. Provide your child with a (cooked) round pancake
2. Have them cut the shape of the superman logo with a plastic knife.** (they can first cut a diamond shape then add a flat top to replicate the superman logo shape)
3. Slice strawberries into smaller pieces
4. Create an "S" in the center of the pancake with the strawberries
5. This can be done with a variety of foods too, including bread and omelets as the base and ketchup or red licorice for the symbol.

To increase difficulty:

- Let your child choose the base food and red item for creating the logo
- Allow your child to help you cook the pancake safely
- Create multiple superhero logos

To decrease difficulty:

- Trace the shape of the logo for your child with fork holes so they know where to cut.
- Have your child make the superman logo on a typical pancake shape without cutting it.

Activity adapted from: <https://kitchenfunwithmy3sons.com/easy-superman-pancakes/>

Other superhero ideas from this blog: Superman Burgers & Spiderman pancakes

