



Zany Upside-Down Pineapple Pancakes + Sweet Coconut Cream + Pineapple Smoothies

By Erin Fletter

Prep Time 25 / **Cook Time** 6 / **Serves** 4 - 6

Shopping List

- PANTRY
- 1 1/4 cups flour ******(see allergy subs below)******
- 1 tsp baking powder
- 1/4 tsp baking soda
- 1/2 tsp of ground nutmeg
- 1/4 tsp salt
- 2 13.5-oz cans full-fat coconut milk
- 4 T brown sugar, honey, maple syrup (or 4 stevia packets)
- 2 tsp pure vanilla extract ******(see allergy subs below)******
- 2 20-oz cans pineapple rings ******(see allergy subs below)******
- 1 to 2 T vegetable oil ******
- HAVE ON HAND
- 1 C ice, optional

Fun-Da-Mentals Kitchen Skills

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls) and Rock and Saw.

chop: to cut something into small, rough pieces using a blade.

fold: to gently and slowly mix a light ingredient into a heavier ingredient so as not to lose air and to keep

the mixture tender, such as incorporating whipped egg whites into a cake batter or folding blueberries into pancake batter; folding is a gentler action than mixing or whisking.

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

skim: to remove fat, scum, or foam that rises to the surface of a cooking liquid.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls) and Rock and Saw.

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

chop: to cut something into small, rough pieces using a blade.

Equipment

- Skillet
- Can opener
- Liquid measuring cup
- Small mixing bowl
- Dry measuring cups
- Measuring spoons
- Whisk
- Small bowl
- Large mixing bowl
- Heat-resistant spatula or pancake turner
- Blender (or pitcher + immersion blender)

Ingredients

Zany Last Minute Upside-Down Pineapple Pancakes

- 1 1/4 C all-purpose flour ****(for GLUTEN ALLERGY sub 1 1/4 C gluten-free/nut-free all-purpose flour)****

- 1 tsp baking powder
- 1/4 tsp baking soda
- 1/2 tsp ground nutmeg
- 1/4 tsp salt
- 1 C canned full-fat coconut milk (save cream at top of can for coconut cream recipe, if making)
- 1 T brown sugar/honey/maple syrup (or 1 stevia packet)
- 1 tsp pure vanilla extract ******(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)******
- 1/2 20-oz can pineapple rings in their own juice, not syrup ******(for PINEAPPLE ALLERGY sub 1 1/4 C chopped banana, papaya, mango, or kiwi fruit)******
- 1 T pineapple juice from the canned pineapple rings ******(for PINEAPPLE ALLERGY sub 1 T other fruit juice or water)******
- 1 to 2 T vegetable oil, for cooking

Sweet Coconut Cream

- 1/2 cup coconut cream (the cream is at the top of a can of coconut milk)
- 2 T brown sugar/honey/maple syrup (or 2 stevia packets)
- 1 pinch salt

Downside-Up Pineapple Smoothies

- 1 1/2 20-oz cans pineapple rings ******(for PINEAPPLE ALLERGY sub 1 1/2 C chopped banana, papaya, mango, or kiwi fruit)******
- 2 C canned full-fat coconut milk (save cream at top of can for coconut cream recipe, if making)
- 1 tsp pure vanilla extract ******(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)******
- brown sugar, honey, maple syrup, or stevia, to taste
- 1 C ice, optional

Food Allergen Substitutions

Zany Last Minute Upside-Down Pineapple Pancakes

Gluten/Wheat: For 1 1/4 C all-purpose flour, substitute 1 1/4 C gluten-free/nut-free all-purpose flour. Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Pineapple: For 1/2 20-oz can pineapple rings in their own juice, substitute 1 1/4 C chopped banana, papaya, mango, or kiwi fruit. For 1 T pineapple juice, substitute 1 T of another fruit juice or water.

Soy: Substitute canola oil or other nut-free high-smoking point oil for vegetable oil.

Sweet Coconut Cream

Downside-Up Pineapple Smoothies

Pineapple: For 1 1/2 20-oz cans pineapple rings, substitute 1 1/2 C chopped banana, papaya, mango, or kiwi fruit)

Gluten/Wheat: Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Instructions

Zany Last Minute Upside-Down Pineapple Pancakes

drain + chop

First, drain the pineapple juice from the can of pineapples into a liquid measuring cup for Step 3. Next, have kids chop **1/2 can of pineapple rings** into very, very small bits and set aside for Step 4.

measure + combine

Have kids measure and combine **1 1/4 cups flour, 1 teaspoon baking powder, 1/4 teaspoon baking soda, 1/2 teaspoon nutmeg,** and **1/4 teaspoon salt** in a small mixing bowl.

skim + measure + whisk

Skim off the cream from the top of a can of coconut milk and set aside in a small bowl for the **Sweet Coconut Cream**, if making. Have kids measure and add **1 cup coconut milk, 1 tablespoon brown sugar or other sweetener, 1 teaspoon vanilla extract,** and **1 tablespoon pineapple juice** in a large mixing bowl and whisk.

fold + add

Gently stir or fold the dry ingredients into the wet ingredients until just combined, then gently fold in the chopped pineapple.

grease + cook

Heat a skillet over medium heat on your stovetop. Heat **1 to 2 tablespoons of vegetable oil** in the pan. Once the oil is hot, pour about 1 to 2 tablespoons of the batter on the griddle to make silver dollar-sized pancakes. Cook on one side for 1 to 2 minutes, or until lightly golden brown, then flip and cook the other side for another minute. Repeat until no batter remains.

serve + enjoy

Serve upside down, of course, with **Sweet Coconut Cream** and **Downside-Up Pineapple Smoothies**. Enjoy!

Sweet Coconut Cream

measure + whisk

Have kids add **1/2 cup coconut cream** (skimmed from the top of a can of coconut milk) to a small mixing bowl. They can also measure and add **2 tablespoons of brown sugar or other sweetener** and **1 pinch of salt** to the bowl. Have kids whisk until the sugar is combined with the coconut cream. Pour on top of pancakes, like **Zany Last Minute Upside-Down Pineapple Pancakes**. Yum!

Downside-Up Pineapple Smoothies

chop + measure

Have kids chop **1 1/2 cans of pineapple rings** and add the chopped pineapple to a blender (or pitcher for use with an immersion blender). Then, measure and add **2 cups coconut milk**, **1 teaspoon vanilla extract**, **brown sugar or other sweetener to taste**, and **1 cup ice**.

blend + enjoy

Blend until smooth and enjoy!

Featured Ingredient: Pineapple!

Hi! I'm Pineapple!

"When you see me, you can't help but think of a tropical paradise! I'm Pineapple, possibly the queen of tropical flavors—I even wear a crown! Of leaves, that is. Try slicing me and making a pineapple upside-down cake, or grill me to serve with pork or seafood. Also, I pair well with another tropical favorite, Coconut, in salads, desserts, and drinks!"

History & Etymology

Pineapple is one of the world's favorite tropical fruits. The wild pineapple plant is native to South America, originating in a river drainage area between southern Brazil and Paraguay. There is evidence that indigenous people cultivated and used it in Peru as early as 1200 to 800 BCE. The Aztecs and Mayas grew it in Mexico sometime between 200 BCE and 700 CE.

Spanish and Portuguese explorers eventually discovered pineapple and introduced it to European and other countries in the east. In 1493, during Columbus' exploration of the Caribbean Islands, he came across pineapples growing on the island of Guadalupe.

The Spanish may have introduced the pineapple to Hawaii. Today, one-third of the world's pineapple comes from Hawaii.

The botanical name for pineapple is "Ananas comosus." It was called "ananas" by an indigenous South American people. European explorers may have called it pineapple because of its resemblance to the pine cone. The English word "pineapple" was first written down in the 17th century. Several languages still have the word "ananas" for pineapple.

Anatomy

Pineapples are the only edible members of the bromeliad family of plants.

The pineapple is not a single fruit but a multiple or collective fruit, with a cluster of 100 to 200 tiny fruitlets or berries.

A pineapple plant produces only one pineapple. The fruit grows slowly and can take up to two years to reach full size.

Unripe pineapples are incredibly sour and can be quite toxic. Pineapples do not ripen after harvesting, but they might turn more yellow if they were green.

You can grow a pineapple at home! If you want to give it a try, twist off the crown of a store-bought pineapple, allow it to dry for a few days, and then plant it.

How to Pick, Buy, & Eat

Bromelain, an enzyme in pineapples, breaks down proteins, which means you can use pineapple or pineapple juice as a meat tenderizer. For this reason, you can't add fresh pineapple to jelly or jello because it will break down the gelatin. To prevent this, you can boil pineapple chunks in their juice or use canned pineapple, which was heated during the canning process.

If you find yourself on a sailing trip in the tropics without any powdered cleanser, you could use pineapple juice mixed with sand instead.

Nutrition

Pineapples are good for you! They are an excellent source of vitamin C, which aids the body's immune system and wound healing, and manganese, which assists with bone formation and nutrient metabolism. In addition, the pineapple's natural enzymes help you digest all of your food!