

You're going to flip for all of the tasty treats and dishes you can make using pancake mix.

**French-Fried Pickles**  
**Banana Praline Muffins**  
**Oven-Baked Apple Pancake**  
**Biscuit Topped Stroganoff**  
**Fruit Cocktail Bundt Cake**  
**And More!**

*Yum!*

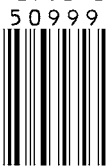
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101 THINGS TO DO WITH PANCAKE MIX

ASHCRAFT



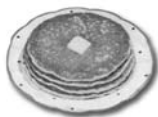
# 101 Things<sup>®</sup> To Do With Pancake Mix

BY  
STEPHANIE  
ASHCRAFT



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# SYRUPS & TOPPINGS

## Apple Syrup

1/4 cup **brown sugar**  
2 tablespoons **cornstarch**  
1/4 teaspoon **ground allspice**  
1/8 teaspoon **ground nutmeg**  
1 3/4 cups **apple juice**

In a 2-quart saucepan, combine brown sugar, cornstarch, allspice, and nutmeg. Whisk in apple juice. Cook over medium heat, stirring often, until bubbly and syrup starts to thicken. Makes 1 3/4 cups.

## Maple Syrup

1 cup **water**  
1 cup **sugar**  
1 cup **brown sugar**  
2 teaspoons **maple extract**

In a 2-quart saucepan, combine water and sugars. Bring to a boil. Boil for 2–3 minutes. Stir in extract. Makes 1 cup.

## Buttermilk Syrup

1 cup **sugar**  
1/4 cup **butter or margarine**  
1/2 cup **buttermilk**  
1 tablespoon **light corn syrup**  
1/2 teaspoon **baking soda**  
1/2 teaspoon **vanilla**

In a 2-quart saucepan, combine sugar, butter, buttermilk, syrup, and baking soda. Bring to a boil. Boil for 2–3 minutes, stirring constantly. Remove from heat and stir in vanilla. Allow syrup to cool for 5 minutes. Makes 1 cup.

## BLUEBERRY MUFFINS

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2 cups **pancake mix**  
1/2 cup **ground flax seed**  
1/2 cup **sugar**  
2/3 cup **water**  
1/4 cup **canola or olive oil**  
1 **egg**  
1 package (6 ounces) **blueberries**

Preheat oven to 400 degrees.

In a 2-quart bowl, combine pancake mix, flax seed, and sugar. Mix in water, oil, and egg. Batter will be slightly lumpy. Fold in blueberries. Line a muffin pan with paper liners or prepare with nonstick cooking spray. Fill muffin cups 2/3 full. Bake for 15–18 minutes. Makes 12 muffins.

## CINNAMON AND SUGAR PANCAKE MUFFINS

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2 cups **pancake mix**  
1/4 cup **sugar**  
1 **egg**, beaten  
1 cup **water**  
1/4 cup **Maple Syrup** (see page 7)

Topping:

1/4 cup **sugar**  
1 1/2 teaspoons **cinnamon**  
1 tablespoon **butter or margarine**,  
melted and cooled

Preheat oven to 375 degrees.

To make the muffins; combine pancake mix and sugar in a 2-quart bowl. Stir in egg and water until combined. Stir in syrup. Line a muffin pan with paper liners or prepare with nonstick cooking spray. Fill each muffin cup halfway with batter. Distribute any remaining batter evenly over muffin cups.

For the topping; using a 1-quart bowl, combine sugar and cinnamon. Mix in butter until crumbly. Sprinkle a heaping 1/2 teaspoon cinnamon mixture evenly over top of each muffin. Bake for 18–23 minutes until done. Makes 12 muffins.

# RANCH SEASONED CHICKEN

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1 envelope (1.125 ounces)	<b>ranch dressing mix</b>
1/3 cup	<b>pancake mix</b>
1	<b>egg</b>
1/4 cup	<b>water</b>
4	<b>skinless, boneless chicken breast halves</b>

Preheat oven to 375 degrees.

Combine dressing mix and pancake mix in a gallon-size ziplock bag. In a 1-quart bowl, whisk together egg and water until smooth. Prepare a baking sheet with nonstick cooking spray. Dip a chicken breast in egg mixture and then place in ziplock bag. Seal and shake to coat. Lay coated chicken on baking sheet. Repeat the process for the remaining chicken breasts. Bake for 25–30 minutes, or until chicken is done. Makes 4 servings.