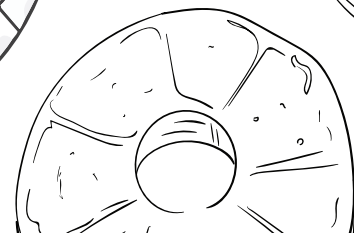
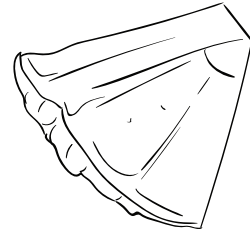
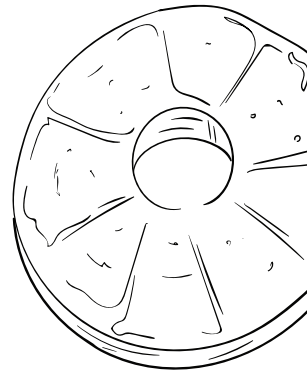
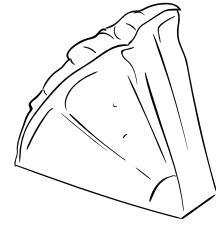
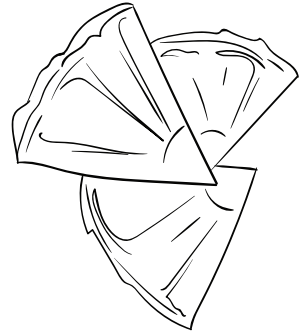
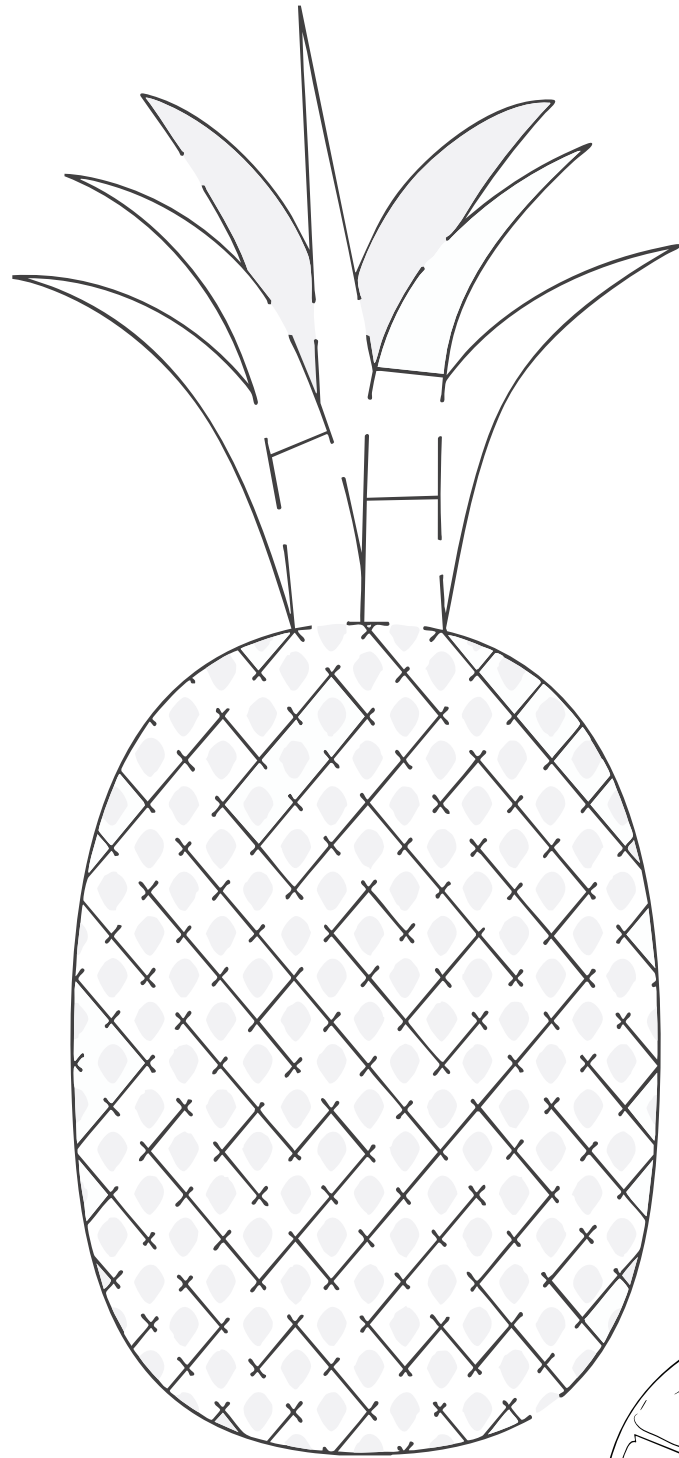
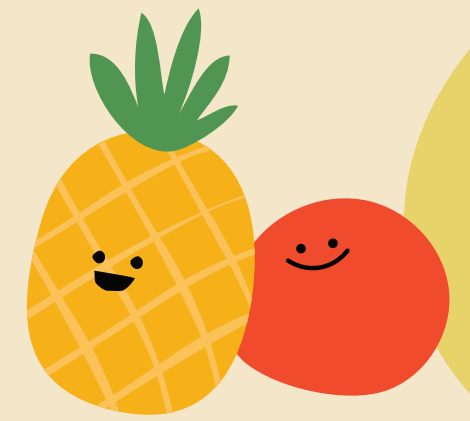


Pineapple Maze



Pineapple



Cultural Significance

In Chinese culture, pineapples are a sign of good luck. The Chinese word for pineapple sounds like the phrase "luck coming your way."

In Singapore, people have a fun tradition of rolling a pineapple into their new home before entering. This means they are welcoming prosperity into their new home. After rolling the pineapple, they don't eat it. Instead, they put it under a tree to keep the good luck going.

Did you know? Pineapples are native to South America! They gradually spread to different parts of the world after Christopher Columbus encountered them and brought them back to Spain.



Simple Mini Pineapple Pancakes



Pineapples are particularly rich in vitamin C, which is important for immune function, skin health, and iron absorption. Pineapple's natural sweetness and fiber content make it a delicious and healthy addition to the diet.

Ingredients

(makes 4 servings)

- 1 cup pineapple chunks (use canned pineapple or slice fresh)
- 1 cup self rising flour (or use regular flour and add 2 tsp of baking powder per cup of flour)
- 1 egg
- 1 cup milk
- 1 tsp neutral oil/butter/nonstick cooking spray



Nutrition Facts

(1 Serving - 3 Pancakes)

Calories 183kcal

Sodium 367mg

Directions

1. If using canned pineapple, drain and rinse. Then mash with a fork. If using fresh, roughly chop into small pieces.
2. In a bowl mix together pineapple, flour, egg, and milk. Mix until smooth batter forms.
3. Heat a frying pan at medium heat and grease your pan.
4. Spoon tablespoonful of the mix into the pan.
5. Cook until bubbles form, then flip and cook the other side until golden.
6. Freezer friendly for up to 3 months.

Fun Fact

The word "pineapple" in English comes from the Spanish word "piña," which means "pinecone." This is because pineapples look spiky, like pinecones.



*Adult Version

For a more fun pancake flavor and texture, add some cinnamon, unsweetened coconut flakes, or even chop up your favorite nut to top off the pancakes to add a nice crunch.