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FOOD KIDZ STUFF HEALTHY

very morning when my almost-two-year-old son wakes up it's the same thing: He brings his fist to his mouth and makes the ASL sign for "eat." That's an ironic word when your **kid** is a nine on the one-to-ten scale of **picky eaters**. Luckily for me, breakfast is where I almost always win him over, and usually it's the biggest meal he consumes all day. That doesn't mean I have any extra time to spend cooking, so I've gotten creative instead. Here are some of simplest, quickest, healthiest kids breakfasts any parent can whip up—and that even the pickiest children will actually eat.

Pancakes, pancakes!

I have yet to meet the kid who doesn't like this simple and perfect dish. For starters, that's the one food that my super-picky child will always eat for breakfast. As a bonus, not only are pancakes super easy to make, but many restaurants serve the stuff during the morning hours, and in some cases, all day. Whip up a batch from scratch or save ten minutes by using a box of pre-made pancake mix. On the recipe side, the *Joy of Cooking*'s simple instructions have remained solid since 1931, and chances are you already have all the ingredients lying around the house.

If you want to use a ready-made mixture, **The Invisible Chef** has an array of tasty options such as maple-oat and lemon-blueberry. Also try **Bette's Diner's Buckwheat Flour Pancake Mix**, a personal favorite from the Berkeley diner I used to haunt as a freshly out-of-the-house 18-year-old. Just add water, maybe an egg, and the batter is ready to go. Practice making fun shapes or simply dole out the pancakes in silver dollar-sized patties. You can also make a batch and save them for later, because they make great road food.