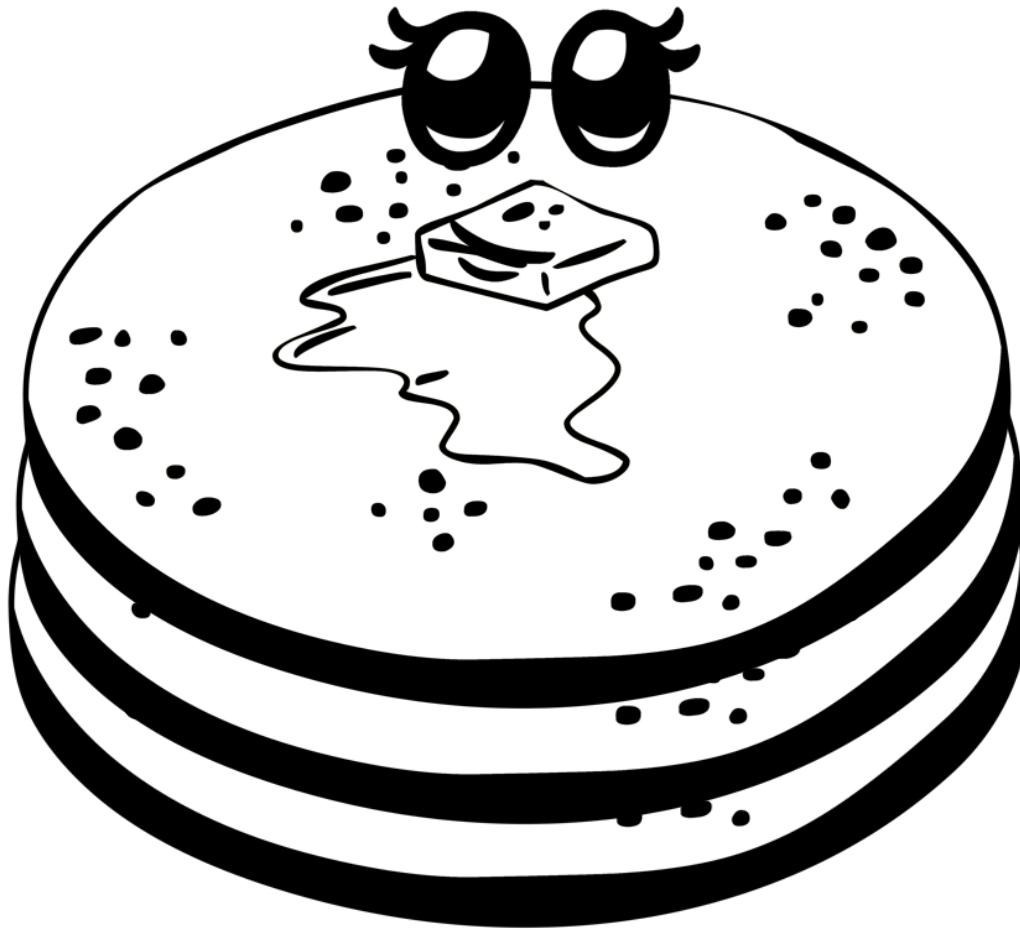


Top Your Pancakes with Delicious and Nutritious Foods

Chef Solus and the Explorers love whole grains pancakes! Drawing your favorite toppings on this stack of pancakes! To help you get started, Chef Solus has written a few of his favorite toppings! Just draw and color.



- Topping Ideas
- sliced bananas
 - chopped walnuts
 - natural maple syrup
 - sliced strawberries
 - whole blueberries
 - sliced mangoes
 - sliced pineapples
 - sliced pecans
 - sliced peaches
 - a poached egg
 - lean turkey bacon
 - applesauce with cinnamon
 - raw honey
 - peanut butter

Chef Solus Tip: Instead of drowning your pancakes in syrup, put your syrup in a small dipping bowl. Then use your fork to dip a pancake into a small amount of natural maple syrup.

