



Assessment Date: ____/____/____ Student: _____ Examiner: _____
Words Read Correctly (WRC): _____ Errors: _____ Notes: _____

Run the Gauntlet

Aim	1
This is a recipe for Banana-Spirulina Pancakes that makes about 5-6 large pancakes (serves two people well).	15 20
Ingredients	21
1¼ cup flour (check that label!)	27
2 tablespoons sugar	30
2 teaspoons baking powder	34
½ teaspoon salt	37
About 1 teaspoon powdered spirulina (optional, but recommended)	45
2 tablespoons vegetable oil	49
1¼ cup rice milk (soy might also work)	57
1 thinly sliced Banana (if you freeze the banana first, you can get very thin slices)	72 73
non-stick skillet, sauté pan, or griddle	80
Spatula	81
Maple syrup	83
non-stick spray	86
Method	87
1. Sift and mix flour, sugar, baking powder, salt, and spirulina in a big bowl.	102
2. In a separate bowl, mix oil and milk.	111
3. Make a well in the center of the dry ingredients.	122
4. Dump in the liquid ingredients and lightly mix the two together.	134
5. Do not whisk, beat, or otherwise try to mash out all of the batter lumps. You will end up with tough, flat, and ugly pancakes. Keep a light hand, and your pancakes will remember by yielding fluffy results.	151 166 173



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