

Good Morning Griddle Cakes

Reece Weldon and Kali Burchett

Food in Innovations

Trenton Middle School FCCLA

Trenton Middle School

Trenton, Missouri

IDENTIFY CONCERNS

As busy as families are now, they may not have time to eat a healthy breakfast. There is a need for healthier and plant based traditional breakfast entree' options that are a part of a healthy diet. Many consumers do not eat a traditional plant based entree it is usually a fast food protein based entree.

SET A GOAL

Our goal is to develop a plant based "traditional" breakfast entree that is part of a healthy diet.

FORM A PLAN (WHO, WHAT, WHEN, WHERE, HOW, COST, RESOURCES, AND EVALUATION)

We will develop a plant based traditional breakfast entree which is part of a healthy diet. We will test the product twice after we believe it is high in quality and taste it ourselves. The focus groups will be made up of individuals of all ages as the product is intended to be consumed by any consumer. After each test, we will adjust the formula to correspond with feedback. Once we have our final product we will develop the nutritional information, cost, and marketing strategy.

ACT

We came up with a basic recipe and added cinnamon to it. After testing we needed to add to the flavor. We revised and added applesauce and cinnamon to the second group of griddle cakes. We had more complaints than success from the second testing group - some did not want the chunky applesauce and some did. We then organized our thoughts and changed out the applesauce for mashed bananas. After a third testing we had a winner. We then decided it needed a banana topping to make it look delicious.

FOLLOW UP

While in the testing phase we learned that many of our testers liked our products. We would like to thank our parents, Mrs. Beck, and our taste testers and friends who gave us their honest opinion of the product.

Reply-to: competitiveevents@fcclainc.org
To: sbeck@trentonr9.k12.mo.us

EVIDENCE OF PROJECT SUMMARY SUBMISSION

Thank you for completing the project summary form for your STAR Event and have your adviser verify by signing and dating below for including in a is required.

Chapter Name: Trenton MS - 13790

State: Missouri

Members: Kali A Burchett, Reece E Weldon

Event Name: Food Innovations

Level: Level 1 (through grade 8)

Project Title: Good Morning Griddle Cakes

[Quoted text hidden]

Suzi Beck

January 14, 2020

Cinnamon Griddle cakes Ingredients 1 cup all-purpose flour 1 tablespoon granulated sugar 1 teaspoon baking powder 1/2 teaspoon baking soda 1/2 teaspoon salt 1 egg 1 cup buttermilk 2 tablespoons melted coconut oil

- ## Directions 1. Put flour, sugar, baking powder, baking soda, cinnamon and salt in a mixing bowl. Stir with a spoon. Save for later. 2. Crack egg into a separate small mixing bowl. Beat with the fork until the egg is mixed. Add buttermilk and oil to the egg. Beat with a fork until the ingredients are well mixed. (The batter should be somewhat lumpy not smooth.) 3. Add wet ingredients to dry ingredients. Stir with a wooden spoon until dry ingredients are wet. (The batter should be somewhat lumpy not smooth.) 4. Grease an unheated griddle. Heat the griddle over medium heat until hot. 5. For each griddle cake, pour about 1/2 cup batter onto the hot griddle. Cook over medium heat until griddle cakes have bubbly surfaces and the edges are slightly dry. 6. Turn the griddle cakes over with the spatula. Cook until the bottoms are golden brown. Turn off the burner. Remove the griddle from the heat. Serve griddle cakes with syrup or powdered sugar, if you like. Enjoy.

Apple Cinnamon Griddle cakes Ingredients 1 cup all-purpose flour 1 tablespoon granulated sugar 1 teaspoon baking powder 1/2 teaspoon baking soda 1/2 teaspoon salt 1 egg 1 cup buttermilk 2 tablespoons melted coconut oil 1/2 cup chunky cinnamon applesauce

- ## Directions 1. Put flour, sugar, baking powder, baking soda, cinnamon and salt in a mixing bowl. Stir with a spoon. Save for later. 2. Crack egg into a separate small mixing bowl. Beat with the fork until the egg is mixed. Add buttermilk and oil to the egg. Beat with a fork until the ingredients are well mixed. (The batter should be somewhat lumpy not smooth.) 3. Add wet ingredients to dry ingredients. Stir with a wooden spoon until dry ingredients are wet. (The batter should be somewhat lumpy not smooth.) 4. Grease an unheated griddle. Heat the griddle over medium heat until hot. 5. For each griddle cake, pour about 1/2 cup batter onto the hot griddle. Cook over medium heat until griddle cakes have bubbly surfaces and the edges are slightly dry. 6. Turn the griddle cakes over with the spatula. Cook until the bottoms are golden brown. Turn off the burner. Remove the griddle from the heat. Serve griddle cakes with syrup or powdered sugar, if you like. Enjoy.

Banana Cinnamon Griddle cakes Ingredients 1 cup all-purpose flour 1 tablespoon granulated sugar 1 teaspoon baking powder 1/2 teaspoon baking soda 1/2 teaspoon salt 1 egg 1 cup buttermilk 2 tablespoons melted coconut oil 2 ripe bananas mashed

- ## Directions 1. Put flour, sugar, baking powder, baking soda, cinnamon and salt in a mixing bowl. Stir with a spoon. Save for later. 2. Mash bananas. Crack egg into a separate small mixing bowl. Beat with the fork until the egg is mixed. Add buttermilk and oil to the egg. Beat with a fork until the ingredients are well mixed. (The batter should be somewhat lumpy not smooth.) 3. Add wet ingredients to dry ingredients. Stir with a wooden spoon until dry ingredients are wet. (The batter should be somewhat lumpy not smooth.) 4. Grease an unheated griddle. Heat the griddle over medium heat until hot. 5. For each griddle cake, pour about 1/2 cup batter onto the hot griddle. Cook over medium heat until griddle cakes have bubbly surfaces and the edges are slightly dry. 6. Turn the griddle cakes over with the spatula. Cook until the bottoms are golden brown. Turn off the burner. Remove the griddle from the heat. Serve griddle cakes with syrup or powdered sugar, if you like. Enjoy.

GOOD MORNING GRIDDLE CAKES



FCCIA Planning Process

A healthy meal is one that is not only good for you, but also good for the planet. The FCCIA Planning Process is a series of steps that help you plan a healthy meal that is also good for the planet.

IDENTIFY CHALLENGES

As a team, identify the challenges you face when planning a healthy meal. Write down the challenges you face.

SET A GOAL

Set a goal for your team. Write down the goal you want to achieve.

FORM A PLAN

Write down the plan you will use to achieve your goal.

ACT

Follow the plan you have written.

FOLLOW UP

Reflect on the process and make improvements.

Safety, Sanitation and Equipment

Safety

When we were baking we used a griddle. We made sure we kept the griddle away from the area where we were baking and away from the sink. We did not have any tools on our hands so we did not wear gloves, but washed them well with soap and water.

Sanitation

Before we started baking we made sure to wash our hands and make sure all of our supplies were clean and ready. We washed our hands many times while cooking to maintain a clean area. At the end we washed, dried and put away all the supplies and equipment. Then we put down the counters.

Equipment

We used a griddle to cook our griddle cakes on. Our equipment consisted of a large mixing bowl, 2 medium mixing bowls, measuring cups, measuring spoons, wooden spoon, rubber spatula, fork, and griddle cake turner.

Product Summary

Product Name: "Good Morning Griddle Cakes"

Target Market and Appeal

The food was created for families that need a quick and healthy breakfast. The primary market is busy children that ages 8 to 10, children that are at home, students, students in need of a quick and healthy breakfast. The food is for kids who will also love these Good Morning Griddle Cakes.

Good Morning Griddle Cakes

Recipe: Hesson and Kall Burchett
 Food in Innovations
 Trenton Middle School FCCIA
 Trenton Middle School
 Trenton, Missouri

Actual and Suggested Pricing

Actual cost of producing one serving: \$2.49
 Actual cost of producing one frozen package: \$2.85
 Suggested price for one package of frozen "Good Morning Griddle Cakes": \$3.99

Nutrition Information

List of ingredients found in the product:
 Flour, Cinnamon, Sugar, and Protein
 List of ingredients:
 Wheat flour, granulated sugar, baking powder, baking soda, salt, cinnamon, egg, buttermilk, melted coconut oil, bananas
 Allergen information: Wheat, coconut, egg, milk
 Certification information:
 2 griddle cakes, PVP in the basket on low setting, serve with syrup and margarine. Enjoy!

Questions for the Banana Cinnamon Griddle Cakes

- How did you like the flavor of the griddle cakes? I loved the cinnamon. Any improvement suggestions? Did we use the chunky applesauce? Would rather have bananas.
- Did the griddle cakes look appealing? They smelled and looked good. They looked better from the cinnamon.
- Would you want to buy the griddle cakes frozen at your local store? Yes, that would be amazing. No, I would rather make them from scratch.
- How was the texture? Good. I don't like the chunky applesauce.
- Rate the griddle cakes one to five on being the worst and five being the best? 1-5 2-X 3-XXX 4-XXX 5-XXXXX
- Would you recommend this food based breakfast recipe to others? Yes. No. I would rather have it. No. I would rather have it.

2019-2020 STAF Events Online Print Summary Form

STAF is a non-profit organization that provides support and resources for students and families. We are currently looking for volunteers to help with our upcoming events. If you are interested in volunteering, please fill out this form and return it to us.

Name: _____
 Email: _____
 Phone: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Date: _____

Actual and Suggested Pricing

Actual cost of producing one serving - \$0.49

Actual cost of producing one frozen package - \$2.93

Suggested price for one package of frozen
"Good Morning Griddle Cakes" - \$5.99

Nutrition Information

List of nutrients found in the product:

Fat, Carbohydrates, Sugars and Protein

List of ingredients:

Wheat flour, granulated sugar, baking powder, baking soda, salt, cinnamon, egg, buttermilk, melted coconut oil, bananas

Allergy warnings - Wheat, coconut, egg, milk

Consumption instructions:

2 griddle cakes. Put in the toaster on low setting, serve with syrup and margarine. Enjoy!





Good Morning Griddle Cakes



Net Wt 12.3 oz (349g)

Keep Frozen

6

Griddle Cakes

Ingredients: Wheat Flour, Granulated Sugar, Buttermilk, Bananas, Egg, Coconut oil, Baking powder, Cinnamon, Salt, Baking Soda.

Consumption Instructions : 2 Griddle Cakes Place in the toast on medium setting.

Allergy Warning: Wheat, Coconut, Egg, Milk, Cinnamon



Good Morning

Nutrition Facts

Serving size: 2

Servings: 3

Amount per serving

Calories **337**

% Daily Value*

Total Fat 11.8g 15%

Saturated Fat 8.9g 44%

Cholesterol 58mg 19%

Sodium 407mg 18%

Total Carbohydrate 50.2g 18%

Dietary Fiber 2.6g 9%

Total Sugars 13g

Protein 9.3g

Vitamin D 5mcg 26%

Calcium 191mg 15%

Iron 3mg 14%

Potassium 500mg 11%

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**



**Good
Morning
Griddle
Cakes**

Product Summary

Product Name:

“Good Morning Griddle Cakes”

Target Market and Appeal

This food was created for families that need a quick and healthy breakfast. The primary market is likely children from ages 8 to eighteen that are searching for a quick breakfast that is plant based and healthy. This will be a frozen product, intended to warm up in the toaster. Although created by kids for kids, adults will also love these Good Morning Griddle Cakes.

Cinnamon Griddle cakes

Ingredients

- 1 cup all-purpose flour
- 1 tablespoon granulated sugar
- 1 teaspoon baking powder
- $\frac{1}{4}$ teaspoon baking soda
- $\frac{1}{4}$ teaspoon salt
- 1 teaspoon cinnamon
- 1 egg
- 1 cup buttermilk
- 2 tablespoons melted coconut oil

Directions

1. Put flour, sugar, baking powder, baking soda, cinnamon and salt in a mixing bowl. Stir with a spoon. Save for later.
2. Crack egg into a separate small mixing bowl. Beat with the fork until the egg is mixed. Add buttermilk and oil to the egg. Beat with a fork until the ingredients are well mixed.
3. Add wet ingredients to dry ingredients. Stir with a wooden spoon until dry ingredients are wet. (The batter should be somewhat lumpy, not smooth.)
4. Grease an unheated griddle. Heat the griddle over medium heat until hot.
5. For each griddle cake, pour about $\frac{1}{4}$ cup batter onto the hot griddle. Cook over medium heat until griddle cakes have bubbly surfaces and the edges are slightly dry.
6. Turn the griddle cakes over with the spatula. Cook until the bottoms are golden brown. Turn off the burner. Remove the griddle from the heat. Serve griddle cakes with syrup or powdered sugar, if you like. Enjoy.

Apple Cinnamon Griddle cakes

Ingredients

- 1 cup all-purpose flour
- 1 tablespoon granulated sugar
- 1 teaspoon baking powder
- $\frac{1}{4}$ teaspoon baking soda
- $\frac{1}{4}$ teaspoon salt
- 1 teaspoon cinnamon
- 1 egg
- 1 cup buttermilk
- 2 tablespoons melted coconut oil
- 1 Cup Chunky Cinnamon Applesauce

Directions

1. Put flour, sugar, baking powder, baking soda, cinnamon and salt in a mixing bowl. Stir with a spoon. Save for later.
2. Crack egg into a separate small mixing bowl. Beat with the fork until the egg is mixed. Add buttermilk and oil and chunky cinnamon applesauce to the egg. Beat with a fork until the ingredients are well mixed.
3. Add wet ingredients to dry ingredients. Stir with a wooden spoon until dry ingredients are wet. (The batter should be somewhat lumpy, not smooth.)
4. Grease an unheated griddle. Heat the griddle over medium heat until hot.
5. For each griddle cake, pour about $\frac{1}{4}$ cup batter onto the hot griddle. Cook over medium heat until griddle cakes have bubbly surfaces and the edges are slightly dry.
6. Turn the griddle cakes over with the spatula. Cook until the bottoms are golden brown. Turn off the burner. Remove the griddle from the heat. Serve griddle cakes with syrup or powdered sugar, if you like. Enjoy.

Banana Cinnamon Griddle cakes

Ingredients

- 1 cup all-purpose flour
- 1 tablespoon granulated sugar
- 1 teaspoon baking powder
- $\frac{1}{4}$ teaspoon baking soda
- $\frac{1}{4}$ teaspoon salt
- 1 teaspoon cinnamon
- 1 egg
- 1 cup buttermilk
- 2 tablespoons melted coconut oil
- 2 ripe bananas mashed

Directions

1. Put flour, sugar, baking powder, baking soda, cinnamon and salt in a mixing bowl. Stir with a spoon. Save for later.
2. **Mash bananas.** Crack egg into a separate small mixing bowl. Beat with the fork until the egg is mixed. Add buttermilk and oil to the egg. Beat with a fork until the ingredients are well mixed.
3. Add egg mixture and mashed bananas to dry ingredients. Stir with a wooden spoon until dry ingredients are wet. (The batter should be somewhat lumpy, not smooth.)
4. Grease an unheated griddle. Heat the griddle over medium heat until hot.
5. For each griddle cake, pour about $\frac{1}{4}$ cup batter onto the hot griddle. Cook over medium heat until griddle cakes have bubbly surfaces and the edges are slightly dry.
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Before we started baking we made sure to wash our hands and make sure all of our supplies were clean and ready. We washed our hands many times while cooking to maintain a clean area. At the end we washed, dried and put away all the supplies and equipment, then wiped down the counters.

Equipment

We used a griddle to cook our griddle cakes on. Our equipment consisted of a large mixing bowl, 2 medium mixing bowls, measuring cups, measuring spoons, wooden spoon, rubber spatula, fork, and griddle cake turner.

Product Summary

Product Name:

Questions for the Banana Cinnamon Griddle Cakes

1. How did you like the flavor of the griddle cakes? Liked the cinnamon
Any improvement suggestions? Did not like the chunky applesauce
Would rather have blueberries
2. Did the griddle cakes look appetizing? They smelled and looked good
They looked brown from the cinnamon
3. Would you want to buy the griddle cakes frozen at your local store?
Yes, that would be amazing
No, I would rather make them from scratch
5. How was the texture? Good,
I don't like the chunky applesauce
4. Rate the griddle cakes one to five one being the worst and five being the best?

1-0 2-X 3-XXX 4-XXX 5-XXXXXX
6. Would you recommend this plant based breakfast entree to others? Yes No
Yes, I really liked it.
No, i would rather have meat