

Sausage-Egg Pancake Taco

Maintenance Used: egg. Bonus: add your maintenance nuts into your pancake batter

Supplies:

- Mini taco stand

Ingredients:

- Maintenance egg
- Maintenance nuts optional
- Safe pancake mix for your child
- Breakfast sausage links of your choice
- Pancake Syrup



Instructions:

1. Make your pancake batter and cook your pancake per pancake mix cooking instructions.
 - a. Optional: mix in your maintenance nuts into your pancake batter
2. Cook your breakfast sausages per packaging instructions
3. Scramble your maintenance eggs and add salt/pepper to taste
4. Place pancake on taco tray
5. Add your breakfast sausage, then top with your scrambled maintenance egg.
6. Drizzle syrup to your liking.

Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Southern California Food Allergy Recipes or other food-related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly.

This Recipe Contains The Following Top 8 Allergens As Primary Ingredients: egg