

The boy who only ate pancakes

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The boy who only ate pancakes

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with the help of the Book Dash participants in the Virtual Book Dash on 15 May 2021.

ISBN: 978-1-77623-159-1

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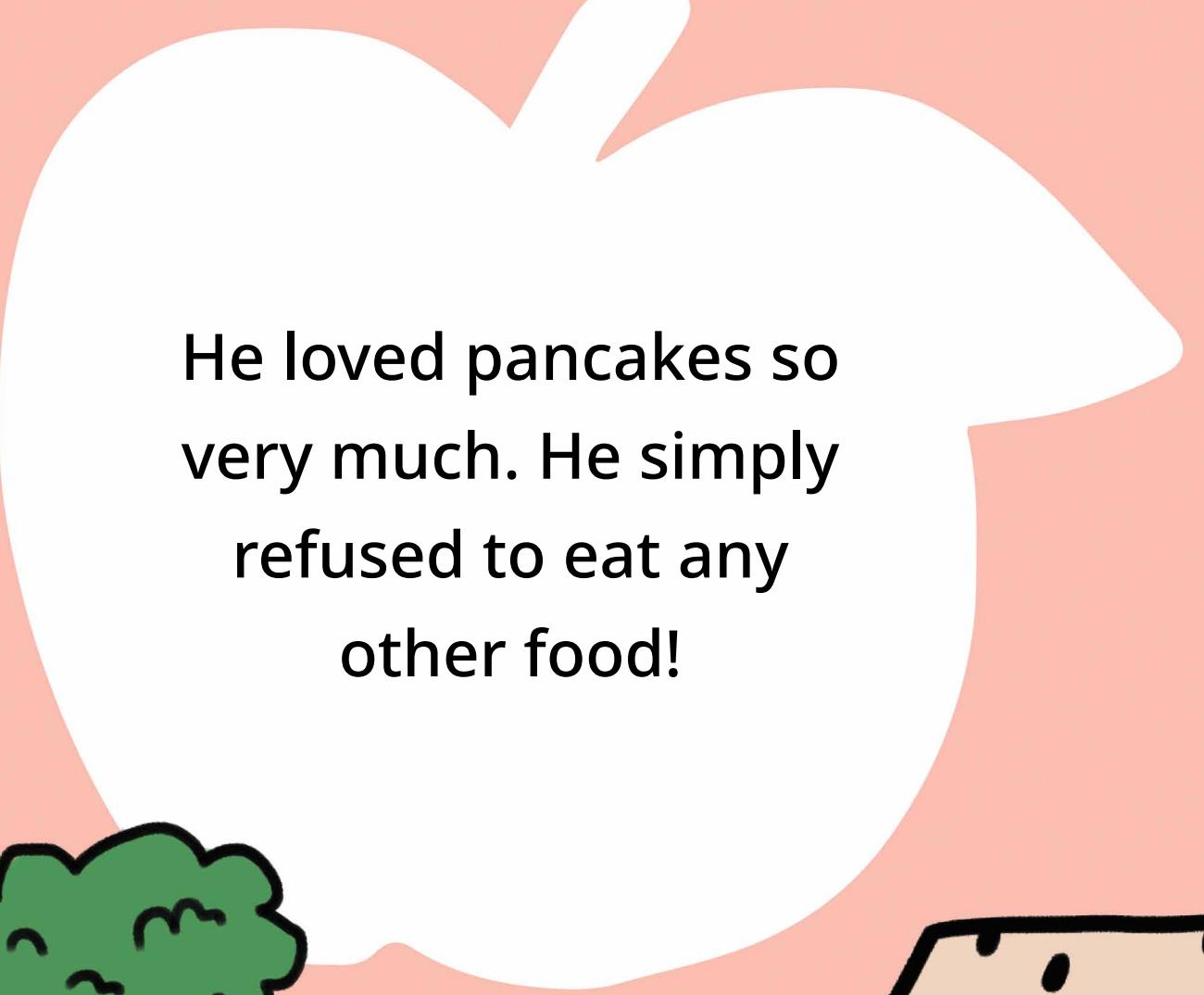
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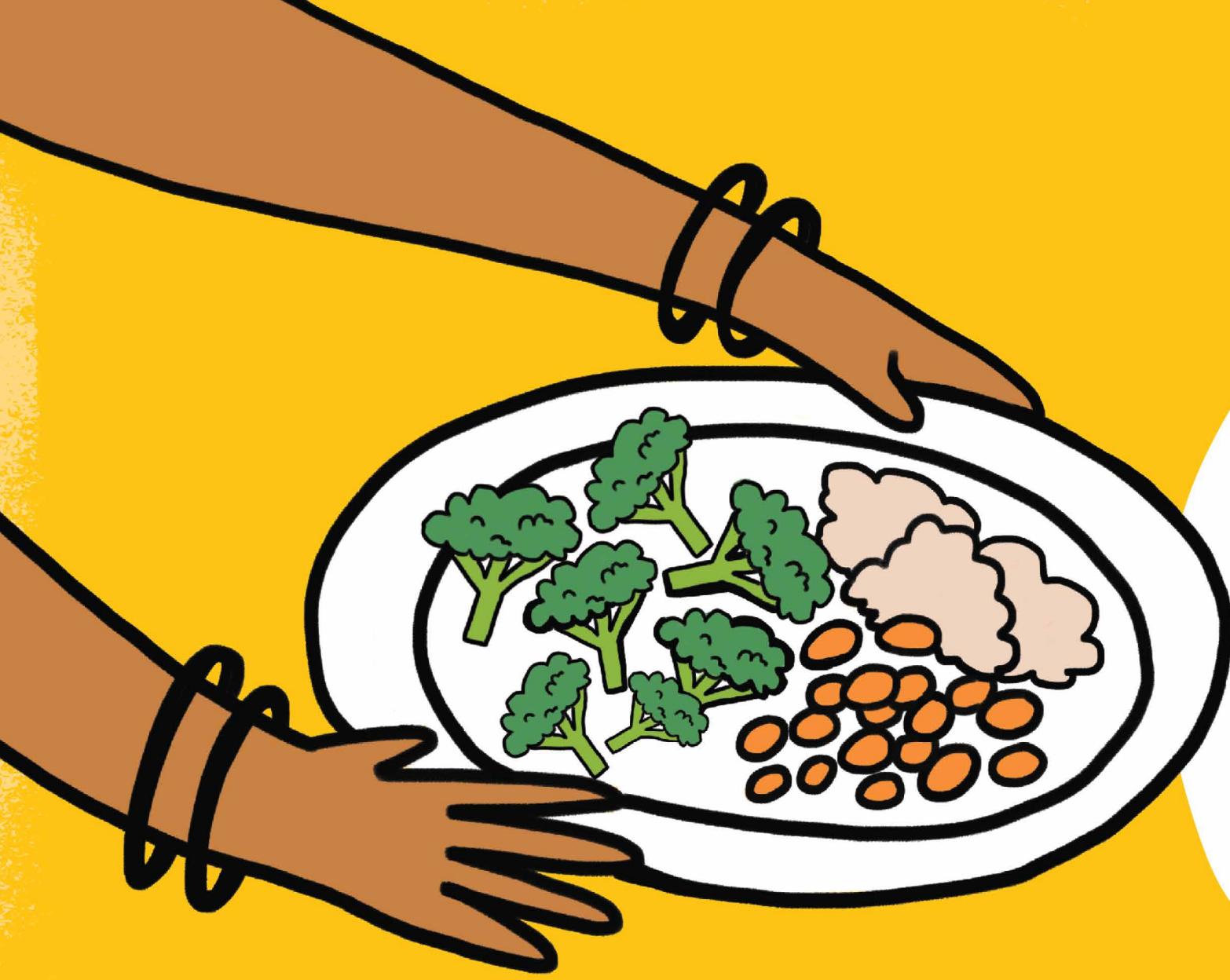
Rekai loved to eat
pancakes more
than anything in the
whole world.



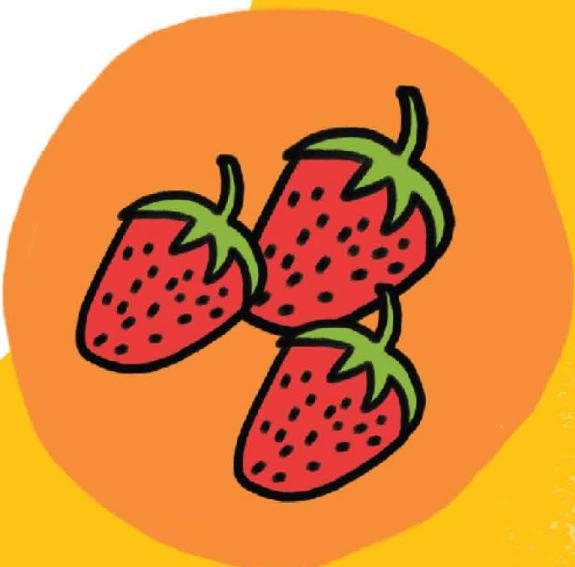


He loved pancakes so very much. He simply refused to eat any other food!





Rekai's mom said,
**“Eat some good
food. Have some
veggies and fruit!
And don't forget
water and juice.”**





But Rekai shook his head
and said, "**NO!**
I don't want to. **Only**
pancakes will do!"



Then his mom had an
idea. "I know
how to get Rekai to eat
healthy food!" she said.

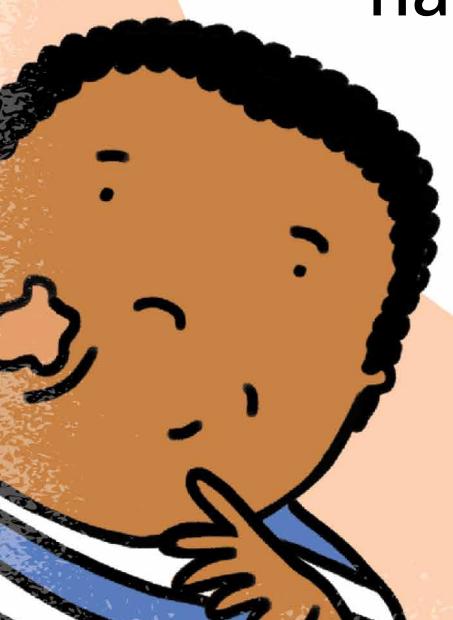


She mixed up a batch
of some **extra**
special
pancakes with
a surprise ingredient.



Mom watched as he
gobbled them
up, and she was very
pleased.





Softly, she giggled
and thought, **this**
is great. He
has no clue what he
has just eaten!





Then, one day, Rekai caught Mom adding butternut to his pancakes and he was very surprised. "Your secret ingredient is a **vegetable?**" he cried.





To this day he enjoys eating his pancakes, and every day Mom adds many yummy surprises.



Sometimes she adds
spinach. Sometimes she
adds carrots. Sometimes
she adds strawberries, or
even apples.



It's a fun surprise
every
single
time.

"



Pancake surprise recipe

1 cup (250ml) self-raising flour

1 egg

1 cup (250ml) of milk

1 tbsp (15ml) sugar

2 tbsp (30ml) melted butter or margarine

A pinch of salt

1 tsp (5ml) cooking oil

Surprise: A handful of boiled and drained veggies
or mashed fruit of your choice.

Method:

Separate the egg and whisk egg white separately until it has soft peaks,
and set aside.

Mix egg yolk with sugar, milk, salt and butter.

Add all the wet ingredients to the self-raising flour and mix thoroughly.

Mix in pre-boiled veg or mashed fruit, then finally, the egg whites.

Add the desired amount of batter to a pan on medium heat and turn
once bubbly and golden brown.

Enjoy!



