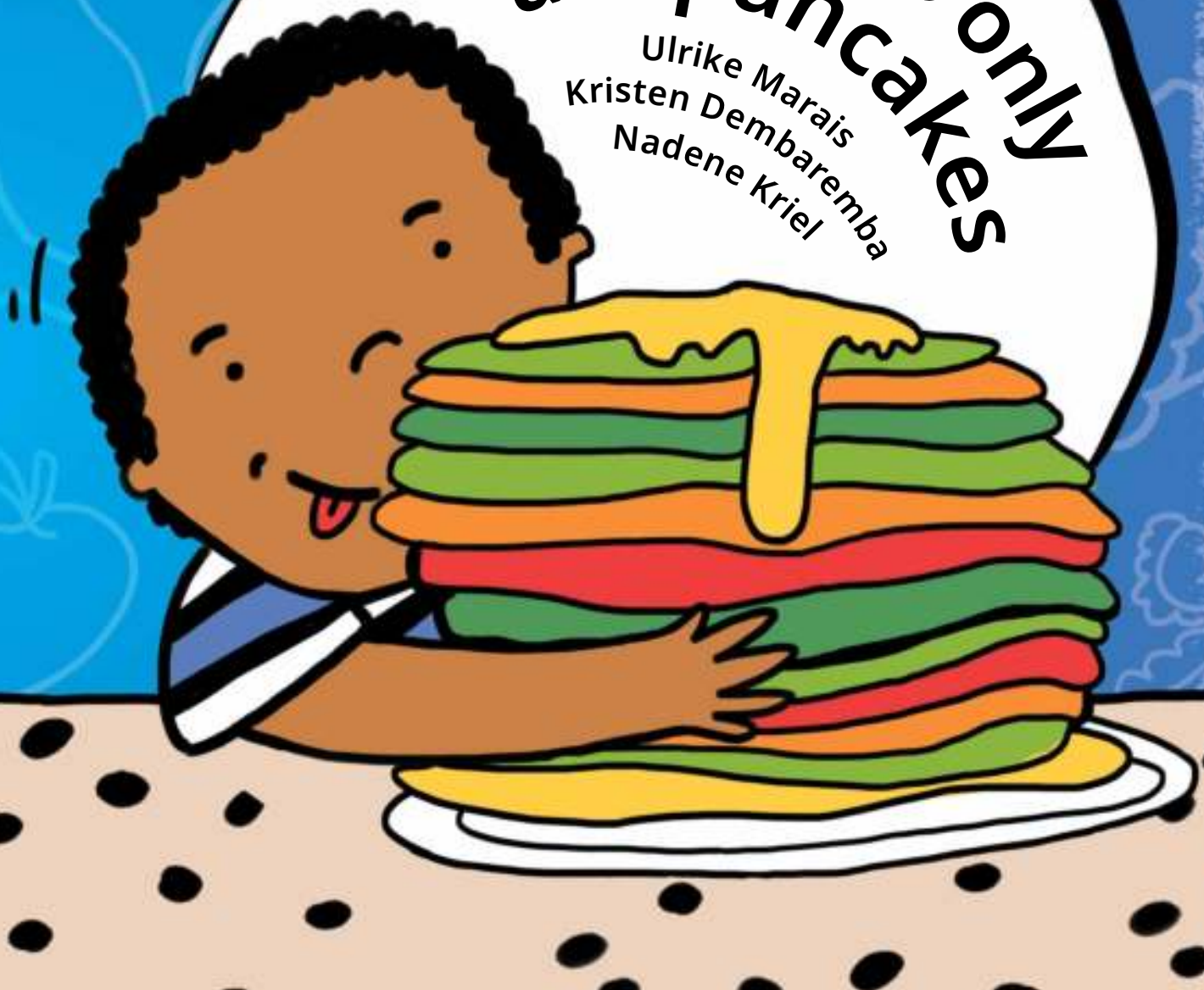


The boy who only ate pancakes

Ulrike Marais
Kristen Dembaremba
Nadene Kriel



The boy who only ate pancakes

This book belongs to







Every child should own a hundred books by the age of five. To that end, Book Dash gathers creative professionals who volunteer to create new, African storybooks that anyone can freely translate and distribute. To find out more, and to download beautiful, print-ready books, visit bookdash.org.

The boy who only ate pancakes
Illustrated by Ulrike Marais
Written by Kristen Dembaremba
Designed by Nadene Kriel

Edited by Mandy Collins
with the help of the Book Dash participants in the Virtual Book Dash on 15 May 2021.

ISBN: 978-1-77623-159-1

This work is licensed under a Creative Commons Attribution 4.0 Licence (<http://creativecommons.org/licenses/by/4.0/>). You are free to share (copy and redistribute the material in any medium or format) and adapt (remix, transform, and build upon the material) this work for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the following license terms:

Attribution: You must give appropriate credit, provide a link to the license, and indicate if changes were made. You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use.

No additional restrictions: You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits.

Notices: You do not have to comply with the license for elements of the material in the public domain or where your use is permitted by an applicable exception or limitation.

No warranties are given. The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material.



The boy who only ate pancakes

Ulrike Marais
Kristen Dembaremba
Nadene Kriel

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.

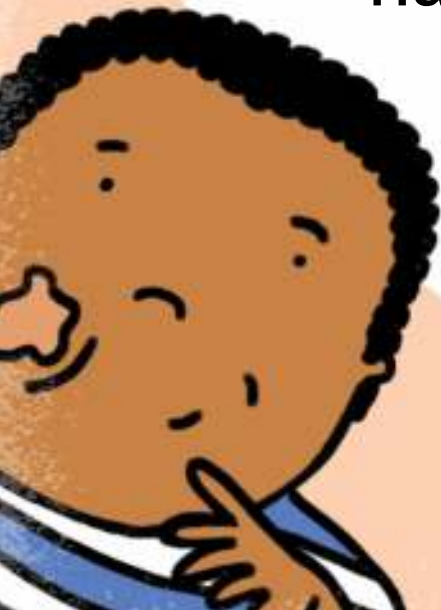
She mixed up a batch
of some **extra
special
pancakes** with
a surprise ingredient.

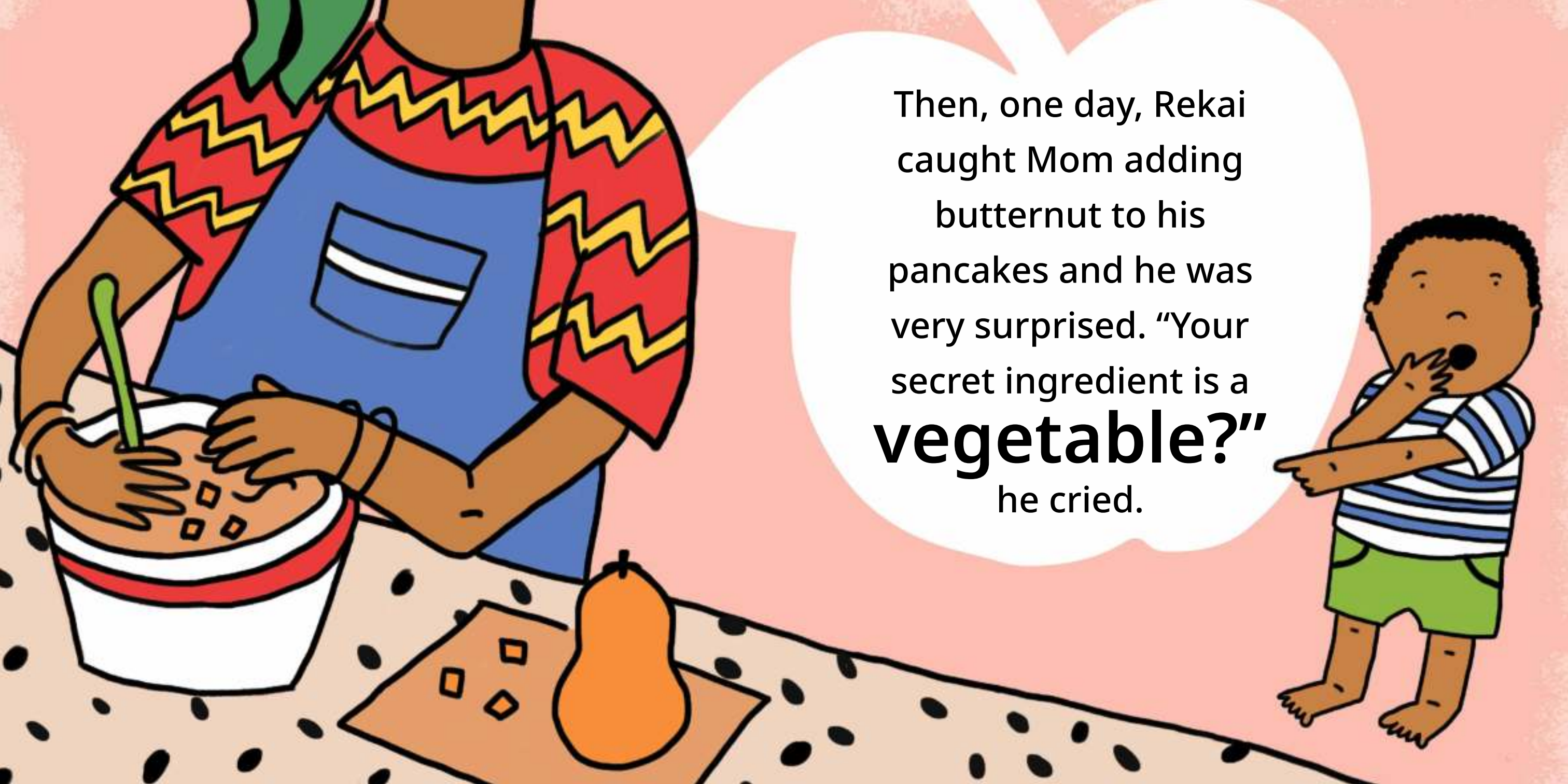


Mom watched as he
gobbled them
up, and she was very
pleased.



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



An illustration of a woman with dark skin, wearing a red shirt with yellow zigzag patterns and blue overalls, cooking in a large white bowl with a green spoon. She is adding small orange cubes to the mixture. On the floor next to her is a brown mat with more orange cubes and a whole orange. To the right, a young boy with dark skin, wearing a blue and white striped shirt and green shorts, stands with a surprised expression, his hand to his mouth and one finger pointing. The background is a light pink wall with a large white cloud-like shape.

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!



