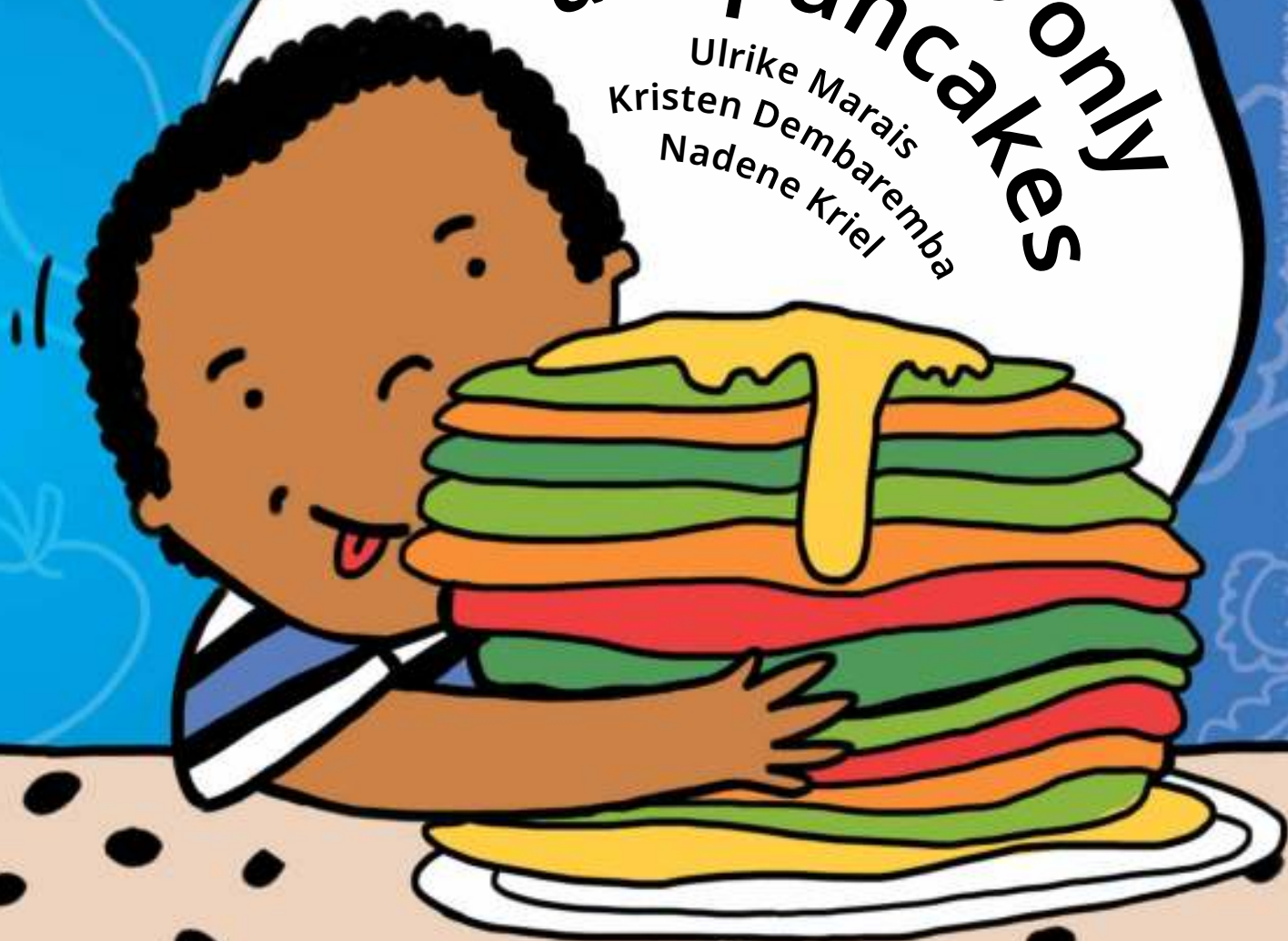


# The boy who only ate pancakes

Ulrike Marais  
Kristen Dembaremba  
Nadene Kriel



# The boy who only ate pancakes

This book belongs to

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# 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.

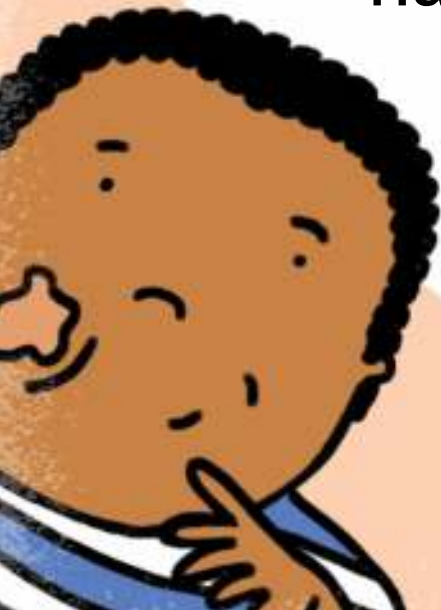




Mom watched as he  
**gobbled** them  
up, and she was very  
pleased.



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







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!



