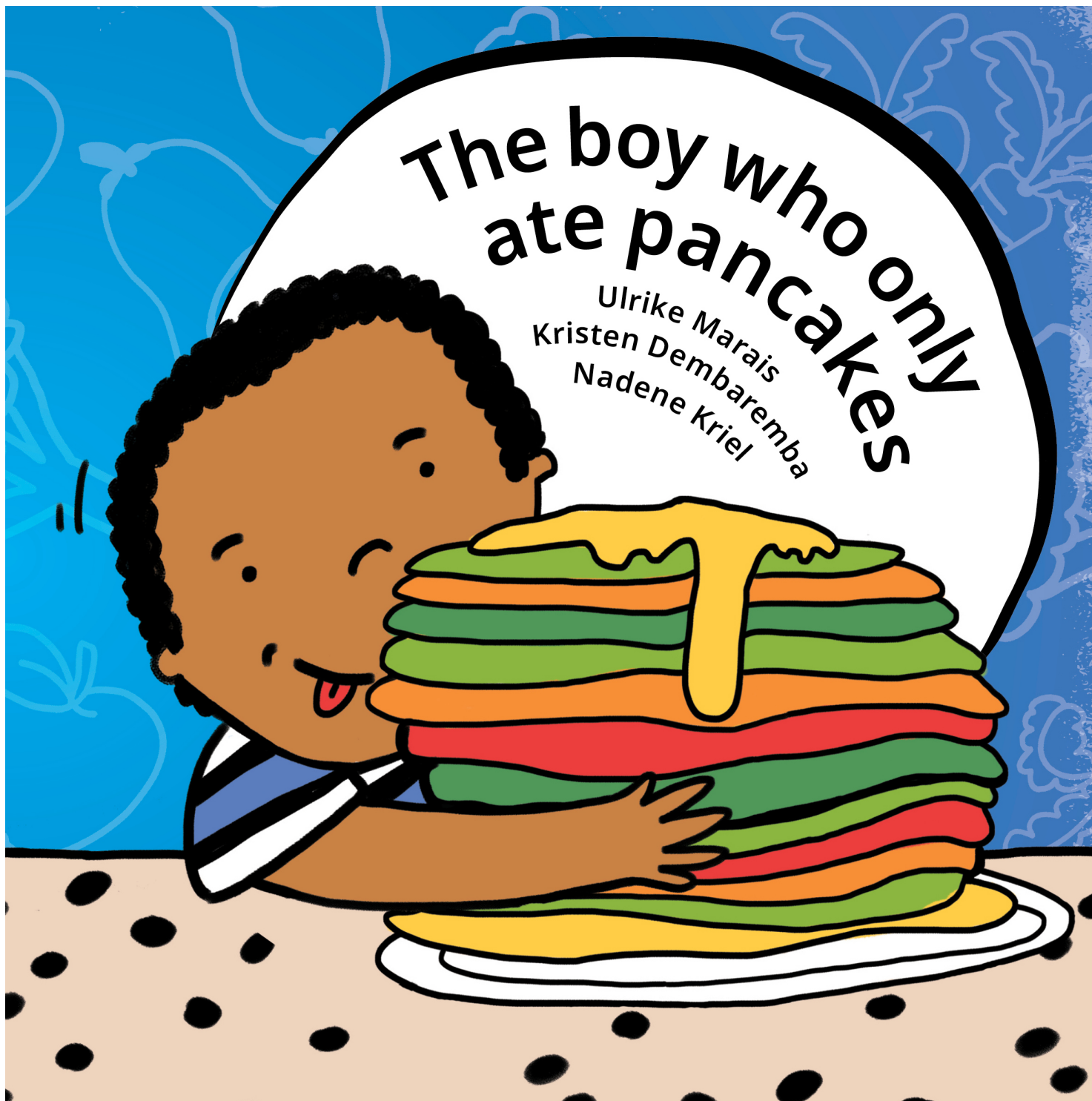




Rekai loved to eat  
pancakes more  
than anything in the  
whole world.



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.

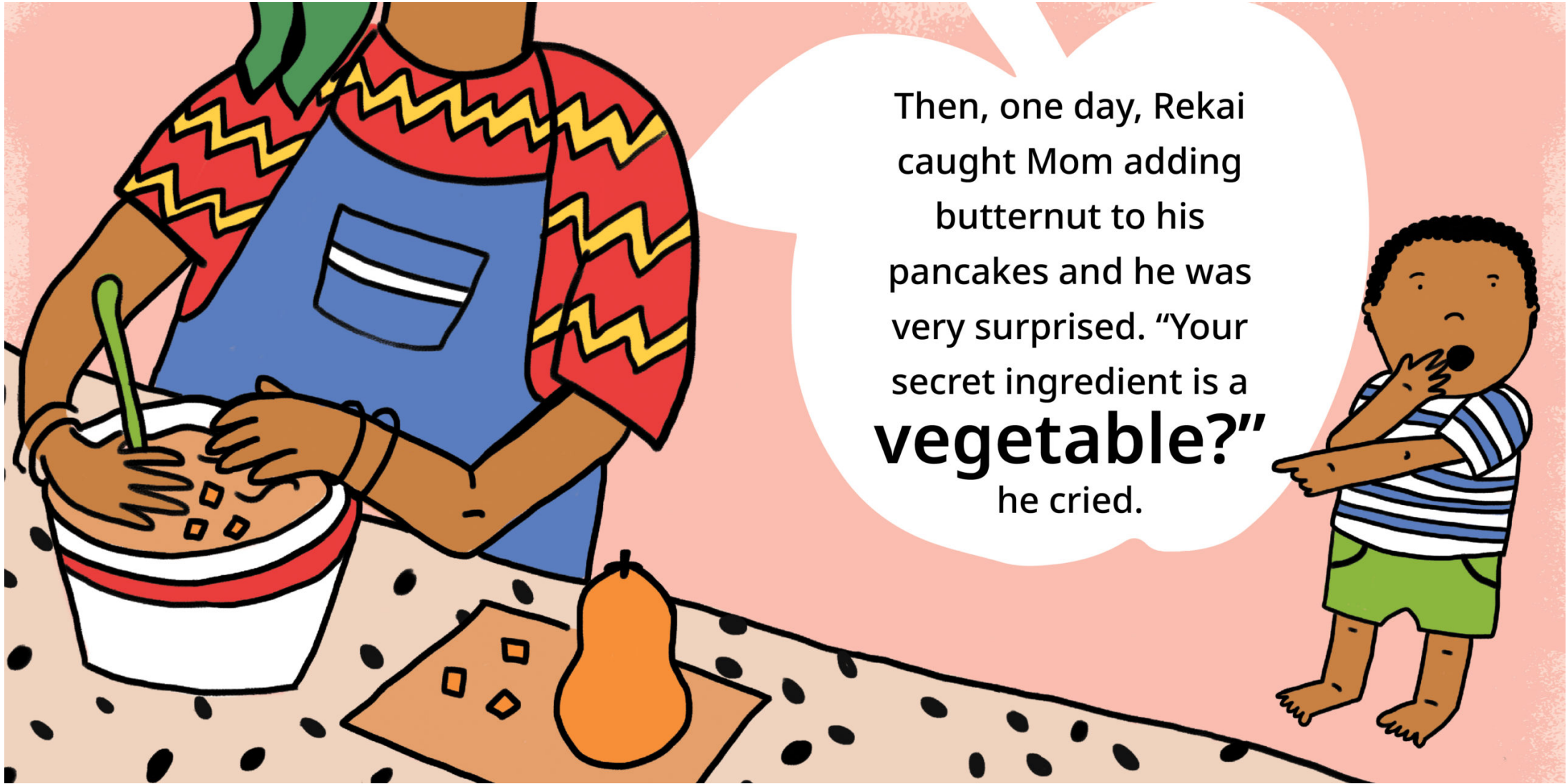


Mom watched as he  
**gobbled** them  
up, and she was very  
pleased.



An illustration of a boy and a girl. The boy is on the left, looking thoughtful with his hand to his chin. The girl is on the right, also looking thoughtful with her hand to her chin. A large white speech bubble is positioned between them, containing text. The background is a solid light orange color.

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.



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.

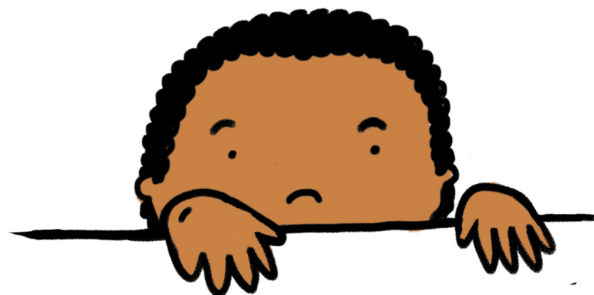
Add all the wet ingredients to the self-raising flour and mix thoroughly.

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!





The boy who only ate pancakes

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