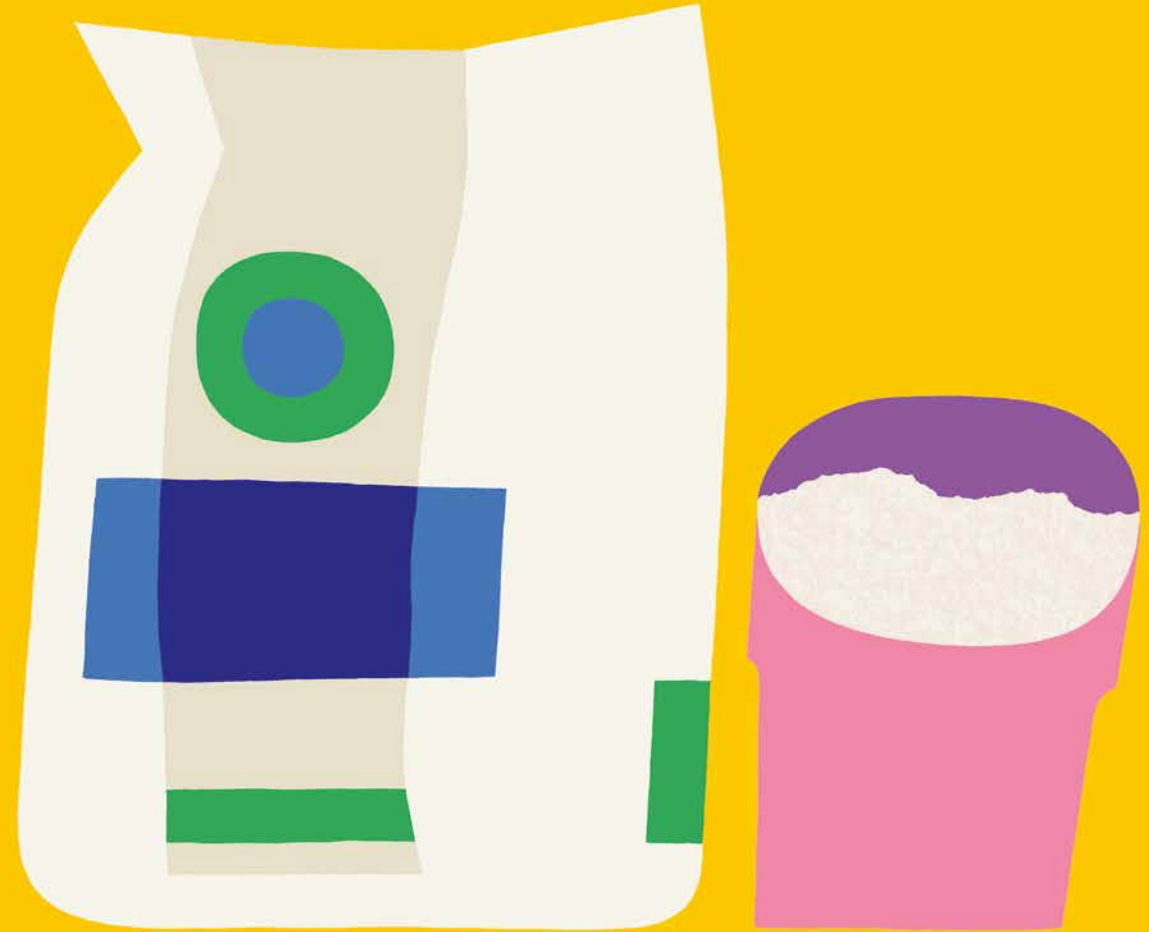


**Are you ready?  
Let's start with . . .**

**flour**

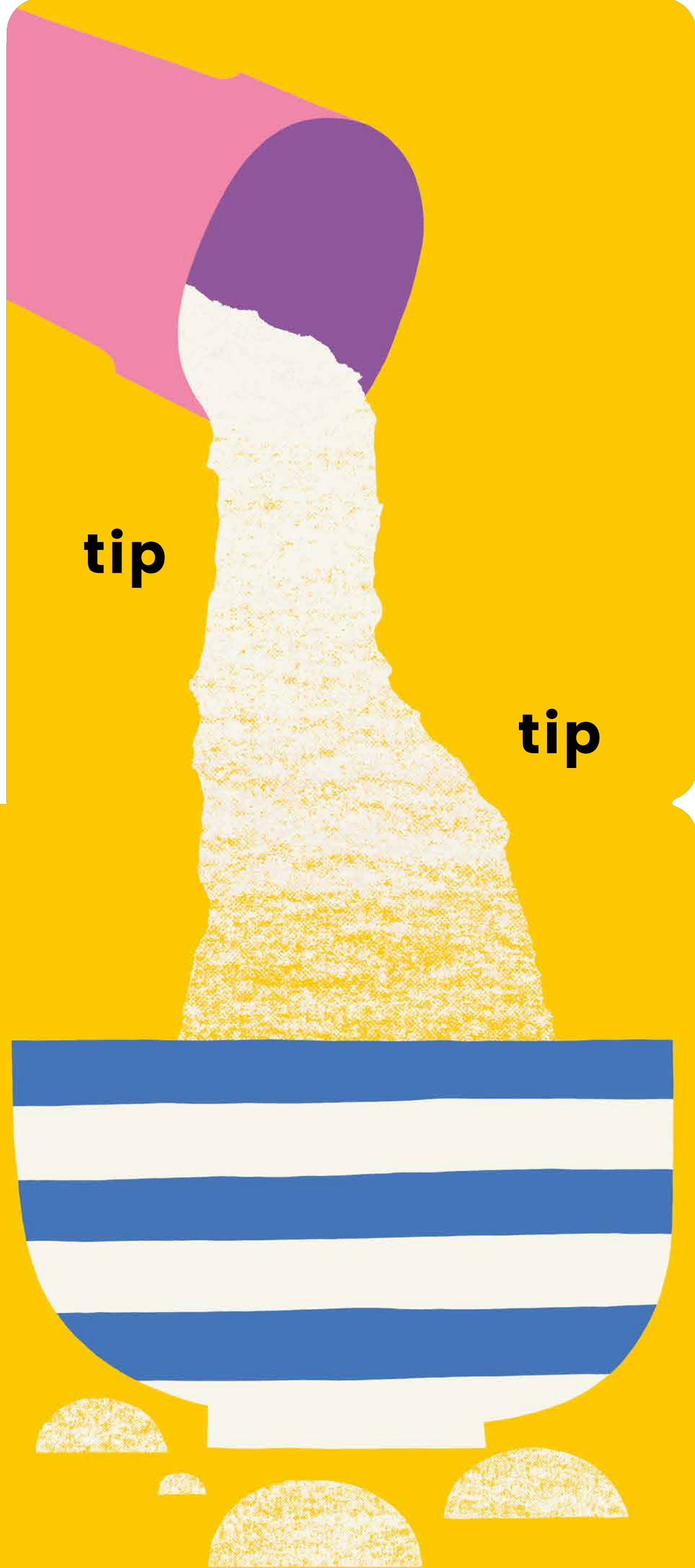


*Lift me!*



**Are you ready?**  
**Let's start with . . .**

**flour**

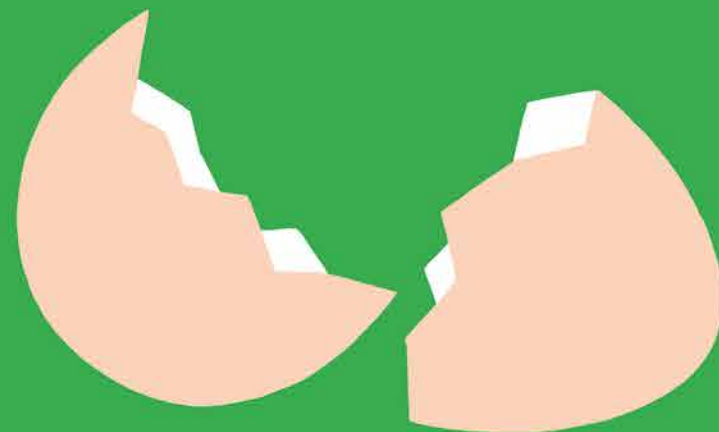


**egg**

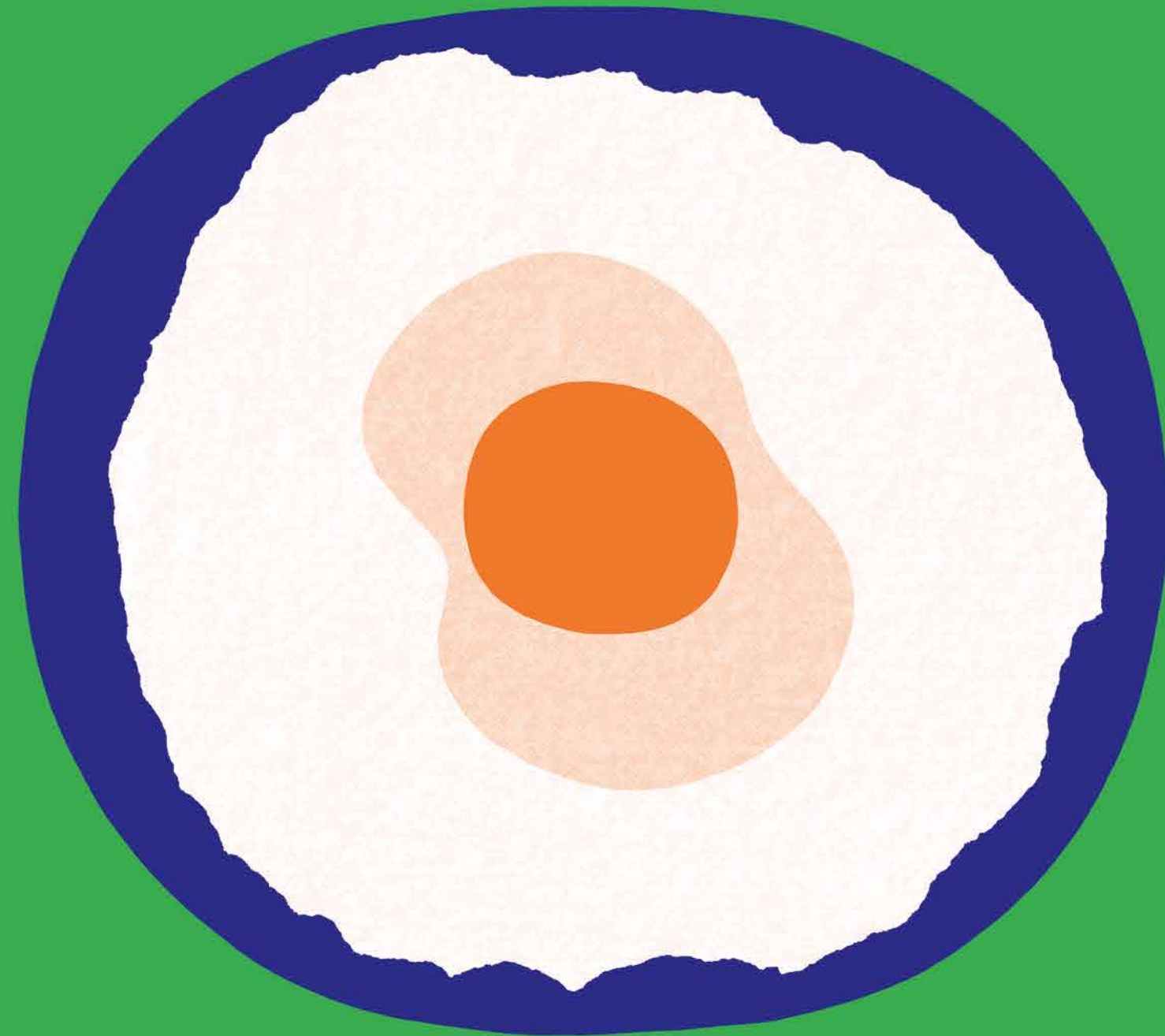


**egg**

**crack**



**crack**





# One-cup pancakes

*Yum yum*



*Let's make it!*

## Ingredients

- 1 cup of self-raising flour
- 1 egg
- 1 cup of milk
- unsalted butter
- yoghurt
- mixed berries

## Method

1. Mix the flour, egg and milk together until smooth
2. Ask a grown-up to melt a small knob of butter in a frying pan
3. Get your grown-up to cook spoonfuls of the batter until golden on both sides, and repeat
4. Serve with yoghurt and mixed berries

# One-cup pancakes

*Yum yum*



## Let's cook safely

These books are intended to be shared between an adult and child.

- Now that you've read and enjoyed this book with your little one, if you're inspired to get cooking, follow the recipe instructions on the previous page.
- These recipes can be enjoyed by the whole family, just dish up an appropriate portion according to your child's age.

**Be clean** Teach your child about the importance of washing their hands before they start, and after handling raw eggs, meat and fish.

**Be mindful** Make sure you choose age-appropriate kitchen kit for your child and supervise them closely when using sharp utensils like knives and box graters.

**Be careful** Keep your child well away from hot ovens, stoves, pots and pans.

And most importantly of all,  
*have fun!*

# Hello grown-ups!

My memories of growing up are full of food.

From the earliest age, I was involved in cooking at home, and I am ever so grateful to my mum and dad for giving me that gift.

Getting kids excited about food from a young age helps them develop an essential life skill and gives them a better chance of being healthier and happier in the long run.

That's where these books come in . . .

Learning about food opens up a whole new world of words, and I hope you've had fun together lifting the flaps to **see it, then say it!**

Food is also an adventure in trying new things: so if you feel inspired to get in the kitchen and give it a go, use the recipe to **cook it, then eat it!**

*Enjoy your pancakes!*

Jamie x

**MAGIC CAT  
PUBLISHING** 

Let's Make Pancakes © 2025 Lucky Cat Publishing Ltd  
Text © 2025 Jamie Oliver  
Illustrations © 2025 Adrian Johnson

First Published in 2025 by Magic Cat Publishing, an imprint of Lucky Cat Publishing Ltd,  
Unit 2 Empress Works, 24 Grove Passage, London E2 9FQ, UK

EU Authorised Representative Magic Cat Publishing, an imprint of Lucky Cat Publishing Ltd,  
PAKTA svetovanje d.o.o., Stegne 33, Ljubljana, Slovenia

The right of Jamie Oliver to be identified as the author of this work and Adrian Johnson  
to be identified as the illustrator of this work has been asserted by them in accordance  
with the Copyright, Designs and Patents Act, 1988 (UK).

No part of this publication may be reproduced, stored in a retrieval system, or  
transmitted, in any form, or by any means, electrical, mechanical, photocopying,  
recording or otherwise without the prior written permission of the publisher or a licence  
permitting restricted copying.

A catalogue record for this book is available from the British Library.

ISBN 978-1-917366-65-6

Manufactured in China LEO0525

1 3 5 7 9 8 6 4 2

For more inspiration, visit [jamieoliver.com/kids-recipes](https://jamieoliver.com/kids-recipes)