



## CHUNKY MONKEY PANCAKES

Breakfast just wouldn't be right without pancakes on Pancake Day, would it? In fact, are you even British if you don't have pancakes for breakfast, lunch and dinner on Pancake Day? \*asking for a friend\* 🙄 Give these Chunky Monkey Pancakes a try for your breakfast/lunch/dinner tomorrow.

 10 minutes

 20 minutes

 1 portion

## INGREDIENTS

- 1 teaspoon of coconut oil
- 1 tablespoon of dark chocolate, chips or grated (70-85% cacao solids)
- 70 grams of 5% fat Greek yoghurt (for the pancakes)
- 45 grams of rolled oats (for the pancakes)
- 1/2 teaspoon of baking powder (for the pancakes)
- 1/2 medium banana, mashed (for the pancakes)
- 2 egg whites (for the pancakes)
- 1-2 tablespoons of almond milk, unsweetened (for the pancakes)
- 1 teaspoon of vanilla extract (for the pancakes)
- 1 tablespoon of peanut butter (for the sauce)
- 1/2 medium banana (for the sauce)
- 2 tablespoons of almond milk, unsweetened (for the sauce)

## COOKING METHOD

- 1° Add all the pancake ingredients to a food processor or blender and process until smooth.
- 2° Heat a non-stick frying pan over a medium heat and coat it with a little coconut oil.
- 3° Using a ladle, spoon the pancake batter into the pan and cook until bubbles start to appear on the surface of the pancake, around 3 minutes. Flip the pancake and cook for a further 2 minutes. Repeat the process until you have used all the batter, continue to coat the pan with coconut oil as required.
- 4° Prepare the sauce by mashing half a banana in a small bowl and combining it with the peanut butter. Add a splash of almond milk and stir together to reach the desired consistency.
- 5° Pour the sauce over the pancakes and sprinkle with the chocolate chips.

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (342 g)	% DRI
ENERGY	151 kcal	516 kcal	26 %
PROTEIN	7 g	24 g	49 %
CARBOHYDRATE	17 g	57 g	22 %
SUGARS	5 g	19 g	21 %
FAT	6 g	22 g	31 %
FATTY ACIDS, TOTAL SATURATED	3 g	9 g	44 %
FIBER	2 g	7 g	27 %
SODIUM	141 mg	483 mg	20 %