



Chocolate Blueberry Pancakes

6 servings
15 minutes

Ingredients

3/4 cup Brown Rice Flour
 1/2 cup Arrowroot Powder
 1/2 cup Buckwheat Flour
 1/4 cup Protein Powder
 1/4 cup Cacao Powder
 2 tbsps Baking Powder
 1/2 tsp Sea Salt
 2 Egg
 1 cup Plain Coconut Milk
 1 Banana (mashed)
 1/4 cup Maple Syrup
 3 tbsps Coconut Oil
 1 tbsp Tahini
 1 tsp Apple Cider Vinegar
 1/2 cup Blueberries (fresh or frozen)

Nutrition

Amount per serving	
Calories	353
Fat	13g
Carbs	52g
Fiber	5g
Sugar	13g
Protein	9g

Directions

- 1 In a mixing bowl, blend together the dry ingredients (first seven ingredients).
- 2 In a medium bowl, combine the rest of the ingredients, except the blueberries. Add the wet mixture to the dry ingredients.
- 3 Using a food mixer, blend until you get a homogeneous batter. If the batter is too liquid, add more flour. If it is too thick, add more water.
- 4 Melt some coconut oil in a frying pan over medium-high heat. Once heated, add approx. 1/4 cup of batter. Sprinkle some blueberries onto the batter in the pan. Cook until the batter bubbles up and the edges look dry. Flip it over and cook for a few more seconds. Continue with the remaining batter, adding blueberries directly as you cook each pancake.
- 5 When ready to eat, top with more blueberries if desired and drizzle with maple syrup.

Notes

No Tahini: Just use any nut or seed butter.

No Coconut Milk: Just use any non-dairy milk.

More Toppings: Feel free to add more toppings such as nut butters, yogurt, fresh fruit, nuts and seeds, honey.

Thick or Thin Pancakes: The thicker the batter the thicker the pancakes so feel free to play around until you get the desired consistency.

Serving Size: One serving is 2-3 pancakes (depending on their size and thickness).