

Chocolate peanut butter pancakes

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Chocolate peanut butter pancakes

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Sally O'Neil aka The Fit Foodie has done it again with these healthy chocolate peanut butter pancakes.

Ingredients (Serves 2)

These pancakes are gluten, dairy and sugar free, which means you can enjoy them a little more regularly.

- ½ cup almond meal
- ⅓ cup buckwheat flour
- 2 tbsp cacao powder
- 1 tbsp granulated stevia
- ½ tsp baking powder
- ¼ tsp sea salt
- 1 egg
- ½ cup almond milk
- Coconut oil, for frying

Peanut sauce

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- 2 tbsp crunchy natural peanut butter
- 1 tbsp coconut oil

On Top:

- Peanuts
- Cacao Nibs

Method

In a bowl, mix the flours, cacao, stevia, baking powder and salt.

Make a well in the centre and crack in the egg, then pour in the milk while stirring the batter together.

Heat coconut oil in a frypan over a medium heat.

When the oil is hot, pour in the batter to create a pancake around 6-centimetres in diameter. Fill the base of the pan with as many pancakes as possible without letting the batters touch.

Cook for a few minutes, until bubbles start to appear on the top of the batter.

Flip, and cook for an additional few minutes, then remove from the pan.

Repeat until the batter is used up.

Make the sauce by heating the coconut oil and peanut butter over a low heat in a small pan, mixing well.

Stack the pancakes and pour over the sauce, topping with peanuts and nibs.

Recipes and photography: [Sally O'Neil](#).

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