

Chocolate Protein Pancakes



Ingredients

- 1 cup of oats
- 1 cup of coconut milk
- 1 medium sized ripe banana
- 1 tbsp. of flaxseed
- Scoop of chocolate protein powder

Toppings:

- Fresh blueberries

- Frozen (or fresh) raspberries
- Pineapple chunks
- Coconut yoghurt
- Chia seeds
- Walnut pieces
- Drizzle of peanut butter

METHOD:

1. Mash the banana with a fork until you reach a smooth consistency, in a blender place all of your pancake ingredients and blend.

If you don't have a blender, place all the ingredients in a big bowl and use a hand whisk, make sure there are no lumps and it's a smooth consistency.

2. In a non-stick pan, melt coconut oil and fry the pancakes on medium heat for 2-3 minutes on each side until golden and cooked through, bubbles should start to form that's when you know when to flip the pancakes.

3. Chop the pineapple into smaller chunks and assemble with the rest of the

listed toppings on the pancakes. Drizzle with peanut butter to finish and