



Blueberry, Chocolate & Cocoa Superfood Pancakes - Gluten-Free/Paleo/Vegan

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



30 min.

SERVINGS



2

CALORIES



775 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup almond flour
- 0.5 cup coconut flour
- 1 cup tapioca/arrowroot flour
- 1 cup coconut milk
- 1 tsp double-acting baking powder
- 1 tsp vanilla paste
- 1 pinch sea salt

- 1 Handful blueberries frozen
- 1 Handful cacao nibs organic
- 1 Handful chocolate dark roughly chopped

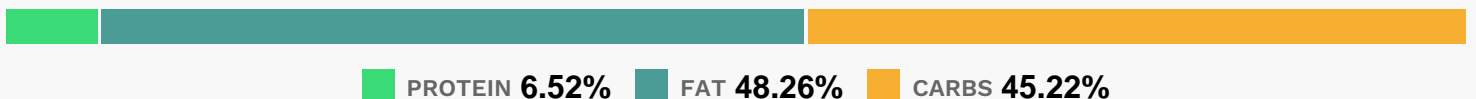
Equipment

- frying pan

Directions

- Combine the almond, coconut, tapioca/arrowroot flour, baking powder, sugar and salt together and mix all the ingredients well before adding the milk and paste/extract and ensuring that all of the ingredients are whisked together to form a smooth batter. Allow to sit for approximately 10–15 minutes.
- Heat a small amount of coconut oil into a frying pan/skillet and pour a small enough amount of the batter into the middle of the pan. Allow the batter to cook sufficiently for a few minutes (the edges should start to brown and the top of the batter should start to bubble) on one side before sprinkling on a few blueberries and flipping the pancake over to cook on the other side. Immediately sprinkle on some of the cacao nibs and dark chocolate on top and continue to cook thoroughly for a few minutes before removing the pancake and setting aside. Repeat with the remaining batter until finished.
- Pour over the agave, give thanks and enjoy!

Nutrition Facts



Properties

Glycemic Index:168.5, Glycemic Load:51.62, Inflammation Score:-3, Nutrition Score:12.390869565217%

Flavonoids

Cyanidin: 3.17mg, Cyanidin: 3.17mg, Cyanidin: 3.17mg, Cyanidin: 3.17mg Petunidin: 11.82mg, Petunidin: 11.82mg, Petunidin: 11.82mg, Petunidin: 11.82mg Delphinidin: 13.29mg, Delphinidin: 13.29mg, Delphinidin: 13.29mg, Delphinidin: 13.29mg Malvidin: 25.35mg, Malvidin: 25.35mg, Malvidin: 25.35mg, Malvidin: 25.35mg Peonidin: 7.61mg, Peonidin: 7.61mg, Peonidin: 7.61mg, Peonidin: 7.61mg Catechin: 1.98mg, Catechin: 1.98mg, Catechin: 1.98mg, Catechin: 1.98mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Luteolin: 0.08mg, Luteolin:

0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Taste

Sweetness: 31.03%, Saltiness: 2.4%, Sourness: 17.05%, Bitterness: 10.81%, Savoriness: 1.96%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 774.66kcal (38.73%), Fat: 42.85g (65.92%), Saturated Fat: 26.9g (168.13%), Carbohydrates: 90.32g (30.11%), Net Carbohydrates: 73.59g (26.76%), Sugar: 8.44g (9.38%), Cholesterol: 0.02mg (0%), Sodium: 342.92mg (14.91%), Protein: 13.02g (26.04%), Fiber: 16.73g (66.92%), Manganese: 1.3mg (65.23%), Iron: 6.19mg (34.38%), Calcium: 242.52mg (24.25%), Phosphorus: 168.11mg (16.81%), Copper: 0.31mg (15.4%), Magnesium: 58.57mg (14.64%), Potassium: 288.55mg (8.24%), Vitamin K: 7.27µg (6.93%), Vitamin C: 4.77mg (5.78%), Folate: 22.55µg (5.64%), Zinc: 0.75mg (5.03%), Vitamin B3: 0.88mg (4.41%), Vitamin B5: 0.3mg (3.05%), Vitamin B6: 0.05mg (2.73%), Vitamin B1: 0.04mg (2.64%), Vitamin E: 0.22mg (1.44%)