



Double Chocolate Milo Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



488 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 teaspoon double-acting baking powder
- 1.5 tablespoons butter melted
- 1.5 tablespoons milo chocolate malt powder
- 2 tablespoons milo chocolate malt powder
- 1 eggs
- 0.5 cup flour
- 0.3 cup milk canned (I used almond but you can use any)
- 1 handful peanuts

- 1 pinch salt
- 1 tablespoon sugar
- 2 tablespoons sugar
- 1 tablespoon vegetable oil
- 0.5 cup water

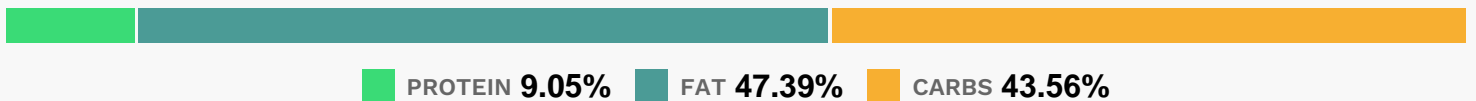
Equipment

- bowl
- frying pan

Directions

- Mix your dry ingredients and wet ingredients except the peanuts till smooth. In a pan, add 1 tablespoon of vegetable oil and with a small spoon, scoop the mixture and form little circles in the pan. Fry on low- medium heat till brown on both sides. When pancakes are fried and ready set aside. In a small pan, mix the milo, sugar and water and bring to boil on medium heat till a thick sauce is formed.
- Pour into a bowl and allow to cool. Crush your peanuts and set aside. With a tiny scoop of the chocolate syrup, smear it over the pancakes and sprinkle some peanuts over it. When they are all ready, dust it over with a bit more milo and serve.

Nutrition Facts



Properties

Glycemic Index: 204.72, Glycemic Load: 30.62, Inflammation Score: -5, Nutrition Score: 13.093913043478%

Taste

Sweetness: 100%, Saltiness: 51.69%, Sourness: 16.2%, Bitterness: 25.49%, Savoriness: 26.6%, Fattiness: 98.64%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 487.83kcal (24.39%), Fat: 26.15g (40.23%), Saturated Fat: 9.04g (56.48%), Carbohydrates: 54.09g (18.03%), Net Carbohydrates: 51.45g (18.71%), Sugar: 26.02g (28.91%), Cholesterol: 108.17mg (36.06%), Sodium:

207.85mg (9.04%), Caffeine: 3.56mg (1.19%), Protein: 11.24g (22.48%), Manganese: 0.59mg (29.55%), Selenium: 19.81µg (28.3%), Folate: 105µg (26.25%), Vitamin B1: 0.38mg (25.52%), Vitamin B3: 4.32mg (21.6%), Vitamin B2: 0.34mg (20.13%), Phosphorus: 192.75mg (19.28%), Iron: 2.67mg (14.83%), Vitamin K: 13.73µg (13.08%), Magnesium: 47.17mg (11.79%), Calcium: 109mg (10.9%), Copper: 0.22mg (10.86%), Fiber: 2.64g (10.55%), Vitamin A: 441.87IU (8.84%), Vitamin B5: 0.88mg (8.78%), Potassium: 276.17mg (7.89%), Vitamin E: 1.08mg (7.21%), Vitamin B12: 0.42µg (6.98%), Zinc: 1.02mg (6.79%), Vitamin B6: 0.13mg (6.69%), Vitamin D: 0.78µg (5.17%)