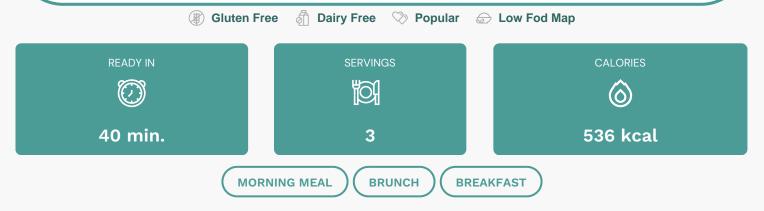


Peanut Butter Chocolate Pancakes (with Gluten-Free and Vegan Options)



Ingredients

	1.5 teaspoons double-acting baking powder
	0.3 cup cocoa powder
	2 tablespoons coconut sugar packed
	1 cup container so delicious dairy free chocolate coconut milk beverage
	3 servings additional non-dairy milk as needed (I used coconut milk beverage)
	0.3 cup dairy-free chocolate chips
Г	1 egg or

	1 cup flour gluten-free all-purpose for the flour blend i used (see below)
	5 tablespoons maple syrup divided
	0.3 teaspoon salt
	4 tablespoons julienne-cut oil-packed sun-dried tomatoes salted divided (for nut-free)
	1 teaspoon vanilla extract
Εq	uipment
	frying pan
	whisk
	mixing bowl
Directions	
	Whisk the flour, cocoa, baking powder, and salt in a small bowl until well combined. In a mixing bowl, blend the egg or egg replacer, 2 tablespoons of the peanut or sunflower seed butter, the sugar, 2 tablespoons of the maple syrup, and the vanilla, until smooth. On low speed, blend in the chocolate milk beverage.
	Whisk the flour mix into the mixing bowl until mostly combined, a few small lumps are okay.
	Let sit for 15 to 20 minutes while you preheat a griddle or skillet over medium-high heat. While that is preheating, whisk the remaining 2 tablespoons of peanut butter or sunflower seed butter with the remaining 3 tablespoons of maple syrup. If your nut or seed butter isn't salted add a couple pinches of salt. Thin with a little non-dairy milk alternative (vanilla works nicely) or water to reach your desired consistency (I like it thick).
	Add it very slowly, as this can thin out rather quickly. Set aside. Once hot, grease the griddle with a little oil or margarine (I used coconut oil), and pour about a scant 1/4 cup of the batter per pancake. Note that I like these a little cakey, but if your batter is too thick to pour, thin it with a little extra non-dairy milk alternative or water as needed. Cook the pancakes for about 3 to 5 minutes, or until they start to look dry around the edges. Flip and cook for 2 to 3 minutes more.
	Serve each stack topped with a drizzle of the peanut butter maple syrup and a small handful of chocolate chips.

Nutrition Facts

Properties

Glycemic Index:53.97, Glycemic Load:9.51, Inflammation Score:-7, Nutrition Score:20.483913190339%

Flavonoids

Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 536.21kcal (26.81%), Fat: 20.86g (32.09%), Saturated Fat: 5.86g (36.64%), Carbohydrates: 84.94g (28.31%), Net Carbohydrates: 76.54g (27.83%), Sugar: 40.86g (45.4%), Cholesterol: 1.91mg (0.64%), Sodium: 455.3mg (19.8%), Alcohol: 0.46g (100%), Alcohol %: 0.27% (100%), Caffeine: 16.48mg (5.49%), Protein: 13.54g (27.08%), Manganese: 1.5mg (74.94%), Vitamin B2: 0.67mg (39.31%), Copper: 0.76mg (37.91%), Calcium: 360.25mg (36.03%), Fiber: 8.4g (33.59%), Iron: 5.6mg (31.13%), Magnesium: 123.29mg (30.82%), Phosphorus: 255.43mg (25.54%), Folate: 78.62µg (19.66%), Vitamin B3: 3.92mg (19.6%), Vitamin B6: 0.37mg (18.33%), Vitamin B5: 1.53mg (15.34%), Vitamin B12: 0.87µg (14.56%), Zinc: 2.05mg (13.69%), Vitamin E: 1.99mg (13.29%), Vitamin D: 1.44µg (9.63%), Vitamin B1: 0.14mg (9.42%), Potassium: 325.75mg (9.31%), Vitamin C: 6.24mg (7.57%), Vitamin A: 324.35IU (6.49%), Selenium: 3.36µg (4.8%)