



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



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



40 min.

SERVINGS



3

CALORIES



536 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### 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
- ☐ 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

## Equipment

- ☐ 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



 **PROTEIN 9.31%**  **FAT 32.28%**  **CARBS 58.41%**

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%)