

Funky Monkey Pancakes with Choc Fudge Sauce

These are beyond delicious and make a decadent weekend breakfast!

Egg/dairy and Gluten-free Goodness



What You'll Need for Pancakes

- 1 cup buckwheat flour
- 1/2 cup brown rice flour
- 1 tbsp coconut sugar
- 2 tsp aluminium-free baking powder (*health food shop*)
- 1/4 tsp himalayan salt
- 2 tbsp arrowroot flour
- 3 tbsp raw cacao
- 1 1/2 cups coconut milk (*or other*)
- 2 tbsp maple/rice malt syrup
- 2 very large ripe bananas
- 1 ripe banana for garnish
- 2 tbsp coconut oil for frying

What You'll Need for the Choc Fudge Sauce

- 1 tin of additive-free coconut cream
- 6 tbsp raw cacao/carob powder
- 6 Medjool dates
- 1 tbsp coconut oil (optional)
- 1 tsp coconut sugar (*if you like it sweeter*)
- 1 tsp vanilla bean paste or extract

**Try to use organic where possible*

What to Do

1. In a large bowl combine your dry ingredients
2. In a separate bowl blend up the bananas with the coconut milk
3. Add this liquid to the dry ingredients and combine until it looks like batter
4. You may or may not need to add a bit more liquid in? Water will do..
5. Turn your oven onto 50° C. This is to keep your pancakes warm until ready to serve
6. In a good quality safe fry pan on medium high heat add a little coconut oil and then about 1/2 cup of the batter
7. When it starts to bubble it's ready to turn over. You might need to adjust the heat?
8. Continue on until you've got no batter left
9. While these yummys are keeping toasty in the oven it's time to get onto your Fudge sauce...
10. In a small saucepan on low-medium add the coconut cream, cacao, vanilla and coconut sugar
11. Heat it up until it all combines then add in the de-seeded dates and give a good blend with a stick blender
12. You may wish to add in the coconut oil and give a further blend
13. This sauce is amazing and has a yummy chocolately fudgeyness about it
14. Serve your pancakes stacked on plates with a good generous drizzle of fudge sauce and the chopped banana
15. You might even like to add a dollop of coconut ice cream or banana nice cream?