



Chocolate banana protein pancakes

Start your day out right with a healthy, protein-packed, decadent breakfast. What do you get when you combine cocoa powder, banana, coconut oil and oat flour . . . the most fabulous morning treat.

Ingredients

- 1 cup oat flour
- 1/4 cup cocoa powder
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 2 scoops vanilla vegan protein powder (I used [Genuine Health fermented](#) vanilla)
- 1/2 cup banana, mashed
- 1 1/2 cups milk or milk alternative
- 1 tablespoon chia seeds
- 1 tablespoon avocado oil or melted coconut oil

Method

1. Combine oat flour, baking soda, baking powder, cocoa powder, protein powder together in a medium sized bowl.
2. In another bowl, mash banana and combine with milk, chia seeds and oil. Mix wet ingredients with dry ingredients to create the batter.
3. Heat a pan on medium heat and pour 1/4 cup batter for each pancake. Cook until bubbles start showing through, carefully flip pancakes and cook on other side until brown.

Serve with sliced bananas, cacao nibs, chia jam, coconut nectar, pure maple syrup or yacon syrup.

Makes 8-10 pancakes

These are gluten free (make sure the oat flour is certified gluten free) and can be made dairy free (with dairy free milk- source unsweetened varieties free of carrageenan). I added vegan protein powder because most of us lack protein especially if we eliminate animal products from our diet. Layer with bananas and drizzle with pure maple syrup for a decadent treat in the morning.