

Family friendly



Cocoa coconut protein pancakes

Serves 1

70g banana (roughly 1 small banana), peeled

1 medium egg

3 egg whites

25g protein powder, chocolate or vanilla

30g coconut flour

1½ tsp cocoa powder

150–175ml water

2 tsp desiccated coconut

2 tsp coconut oil

2 tbsp yoghurt, such as Greek, natural, soy

Method

Whizz up the banana, egg, egg whites, protein powder, coconut flour, cocoa powder and water in a liquidiser until smooth. If the mixture is a little thick, add a splash more water.

Heat a dry, non-stick frying pan over a medium heat, add the desiccated coconut and toast until golden. Stir half into the pancake batter and save the rest for later.

Melt the coconut oil in the frying pan and fry large spoonfuls of the batter for 1 minute, then flip and cook for a further 30 seconds. Repeat with the remaining batter then stack up and top with the yoghurt. Scatter over the rest of the toasted coconut and serve.

Alternative ingredients

To make the pancakes dairy free, use sugar free soy or coconut yoghurt in place of natural yoghurt.

Tip

If you can't find coconut flour, make a quick alternative by blending desiccated coconut into a powder.

Don't make the pancakes too big or they'll be difficult to flip and won't cook evenly.