



CHOCOLATE PANCAKES

Delicious pancake for breakfast or all day snack. Can be served with fat free yogurt and fruit

 5 minutes 15 minutes 6 portions

INGREDIENTS

- 1 large unit of egg, whole, raw, fresh [50 g]
- 1 large unit of egg, white, raw, fresh [33 g]
- 10 grams of cocoa, dry powder, unsweetened, HERSHEY'S European Style Cocoa
- 10 grams of cornstarch
- 125 grams of yogurt, Greek, plain, nonfat
- 1 tsp of oil, coconut [5 g]
- 10 grams of nuts, coconut meat, dried [desiccated], not sweetened
- 1 tsp of leavening agents, baking powder, double-acting, straight phosphate [5 g]
- 100 grams of banana, raw
- 10 grams of cereal, hot, oats, quick, dry, Quaker

COOKING METHOD

- 1° Mix all ingredients together
- 2° Warm the frying pan Spray light with coconut oil
- 3° Cook the batter on both sides.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (60 g)	% DRI
ENERGY	134 kcal	80 kcal	4 %
FAT	5 g	3 g	5 %
FATTY ACIDS, TOTAL SATURATED	3 g	2 g	9 %
CHOLESTEROL	54 mg	32 mg	11 %
SODIUM	151 mg	90 mg	4 %
CARBOHYDRATE	15 g	9 g	3 %
SUGARS	5 g	3 g	—
FIBER	2 g	1 g	4 %
PROTEIN	8 g	5 g	—