



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 | — |