



Chocolate breakfast pikelets

Delicious and definitely filling. Serve with some greek or coconut yoghurt on the side and some peanut butter (as included in recipe). Serves 1. Per serve: Cal: 499 Fat: 31g; Pro: 27g; Carbs: 17g

Serves: 1, Prep time: 00:05, Cook time: 00:10

Instructions

Whisk the eggs together in a small bowl. Add the rest of the dry ingredients and mix thoroughly. Let to sit for 5-10 minutes, and use more almond milk if the mixture is too thick (you want it to be slightly thick, but not TOO thick).

Heat a non stick fry pan on the stove to medium heat and add a small amount of coconut oil. Use a tablespoon to dollop even sized amounts of the batter in (use a larger fry pan so you have room) and leave them to cook until you see bubbles forming at the top of the pikelet. Flip to cook the other side for around 3 minutes. Transfer to plate and repeat with the remaining mixture (you could cook in larger style pancakes, but the batter is easy to negotiate as pancakes).

Once done, serve with peanut butter, Greek, natural or coconut yoghurt, and some berries on the side.

Ingredients

- 2 Eggs
- 2 tablespoon Unsweetened cocoa powder
- 1 tablespoon Equal Natural Sweetener (Stevia)
- 2 tablespoon Coconut flour
- 1 teaspoon Baking powder
- 2 tablespoon Psyllium husk
- 0.25 cups Almond milk, unsweetened
- 0.5 teaspoon Salt, Himalayan
- 1 teaspoon Coconut oil
- 0.33 cups Greek yoghurt, or coconut yoghurt
- 1 tablespoon Peanut butter, or other nut butter
- 0.25 cups Blueberry, frozen