

# Post Workout Chocolate Pancakes

These are the perfect post workout pancakes... packed with protein and carbs. Serve with berries and fat free Greek yoghurt and a drizzle of honey.

## Ingredients

2 eggs  
50g chocolate cream of rice  
25g chocolate whey protein powder  
1 tbsp cocoa powder  
150ml milk  
½ tsp bicarbonate of soda  
1 ripe banana  
Coconut oil for frying



## Method

\*Simply blitz all the ingredients together in a blender or combine them really well by hand in a bowl, mashing up the banana first. It should make a thick batter. Leave to stand for 15 minutes.

\*Heat up a touch of coconut oil in a medium frying pan, add a large spoonful of the mixture, spread it out into a pancake shape and cook for a few minutes before turning it over, cooking the other side until it has browned.

\*Transfer to a plate while you cook the rest of the pancake batter.

## Recipe notes

Makes 10 pancakes.

Serve with berries or banana slices, fat free Greek yoghurt and honey or maple syrup drizzled on top.



Serves : 2-3  
Prep: 5 mins  
Cook: 15 mins



Nutrition per serving:  
Cals: 250  
Protein: 17g  
Carbs: 30g  
Fat: 6g