

Chocolate Heart Pancake

Recipe by Joy McCarthy from Joyous Health

JOYOUS HEALTH

Ingredients:

- 1 banana, mashed
- 2 medium eggs, whisked
- 2 cups nut milk
- 1-1/2 cups buckwheat flour (light or dark)
- 2/3 cup raw cacao powder
- 1 1/2 tsp baking powder

Instructions:

1. In a medium bowl, combine banana, eggs and nut milk.
2. In a separate bowl combine flour, raw cacao powder and baking powder. Add the wet ingredients to the dry and mix well.
3. Melt coconut oil on large skillet or pan over medium/high heat*. Place mold on to pan and pour 1/4 cup batter into mold or less if your mold is smaller. Flip immediately once bubbles form.
4. Enjoy with warmed coconut butter, sliced banana and cinnamon.

Notes:

Makes 16-18 pancakes. You'll need a heart mold for this recipe. *I cook pancakes on "6" on my stovetop. **I used a small spatula to press the pancakes out of the mold. Make sure the pancake is solidified enough so that when you push it out it doesn't fall apart.