

# Chocolate Avocado Pancakes

Almost brownie-like in texture and packed with good quality protein, slow releasing carbs, healthy fats and heaps of vitamins and minerals.

1 medium avocado  
150ml whole milk  
1 egg  
120g white spelt flour  
25g cocoa powder  
25g caster sugar  
1 teaspoon bicarbonate of soda  
50g chocolate chips  
1 tablespoon sunflower  
1 knob of butter

Cut the avocado in half and remove the stone. Scoop out the flesh and mash to a puree with a fork. Pour the milk into a measuring jug, add the egg and the avocado and mix. Spoon the flour, cocoa powder, sugar and bicarbonate of soda into a bowl. Pour the milk mix onto the dry ingredients and stir together with a fork until combined. Stir in the chocolate chips.

Heat a pancake pan or non-stick frying pan, add a drop of oil and melt a knob of butter in it. Cook 3–4 pancakes at a time over a gentle heat, using a tablespoon of batter for each one. Gently cook for a minute or two until bubbles start to appear on top, then flip over and cook on the other side for another minute. Serve the pancakes sprinkled with a little sugar and a few berries.

