

Chocolate Black Bean Pancakes

Pancakes, muffins, whatever form they come in they are truly breakfast cakes. For whatever reason we seem to override that knowing when they are smooshed down into pancake form. Nonetheless, these flapjacks, regardless of their fluffiness and cake-like consistency are full of antioxidant rich cacao and a lovely, cozy, breakfast treat. I even snuck in some black beans in there for added protein and fibre - you won't even taste them.

Nut mylk 3/4 cup + 4 Tbsp

Apple cider vinegar, 1 Tbsp

Ground flax seed, 1 Tbsp

Water, 2 Tbsp

Black beans (no-salt added), 1 cup

Organic flour (could substitute for a gluten-free baking flour), 1 cup

Baking powder, 2 Tbsp

Baking soda, 1 Tbsp

Cacao powder, 4 Tbsp

Cinnamon, 1/2 tsp

Himalayan sea salt, 1/2 tsp

Maple syrup or agave, 3 Tbsp

Coconut oil (for recipe), 1 Tbsp

Coconut oil (for cooking), 2-3 Tbsp

for garnish:

Maple Syrup, 1/4 cup

Fresh or warmed fruit, 1-2 cup

Peanut butter, 4 Tbsp

1. Combine nut-mylk and apple cider vinegar and set aside.
2. Combine flax and water and set aside. This will create a "flax-egg".
3. Drain and rinse beans.
4. Combine all dry ingredients together a bowl: flour, baking powder, baking soda, cacao powder, cinnamon, and salt. Whisk together.
5. Melt 1 T of coconut oil in the pan you will be using to cook the pancakes. Remove from heat.
6. In a blender, combine nut-mylk and vinegar mixture with black beans and blend until smooth. Add in coconut oil and pulse. Then add in flax-egg and pulse a couple times.
7. Pour black bean mixture into dry mixture and fold them together.
8. Heat pan on medium heat with coconut oil to coat the bottom, scoop in 1/4 c portions of the batter. Cook as you would any other kind of pancake.
9. Top with a drizzle of maple syrup, fresh fruit, and/or peanut butter.