

Chocolate pancakes with banana and rosella syrup

- 30mL Macadamia Oil
- 260g Banana
- 100mL coconut yoghurt
- 60mL rosella syrup (plus reserve for serving)
- 50g freeze dried rosellas
- 30g cocoa nibs
- 30mL maple syrup

- 185g self-raising flour
- 15g Dutch cocoa powder
- 4g bicarbonate of soda
- 4g cinnamon, ground
- 180mL almond milk
- 10mL apple cider vinegar
- 80mL pure maple syrup

1. Assemble pancake batter by sifting flour, cocoa, bi-carb soda and cinnamon into a bowl. Create a well in the centre of dry ingredients, and whisk in the milk, vinegar and maple syrup until a smooth batter forms. Stand mixture for at least 5 minutes.
2. In a small saucepan warm the freeze dried rosellas in rosella syrup until softened and reconstituted.
3. Heat a nonstick frypan over medium heat and brush lightly with some oil.
4. Pour in separate dollops of batter to form batches of pancakes, that can fit comfortably in the pan without touching each other.
5. cook gently for approximately 2 minutes until bubbles form on the surface, then carefully flip the pancakes to cook the other side (approximately 1 minute).
6. Remove from pan and keep them warm while cooking the remaining mixture, by repeating the cooking process
7. Keep the pan on the stove, slice bananas diagonally, turn up the heat of the pan, add maple syrup and sliced bananas, cook until caramelised.
8. Serve stacks of pancakes, topped with coconut yoghurt, caramelised banana and drizzled with reconstituted rosella mix.