

FFF Dark Chocolate Cherry Pancakes

Recipe By: *Fiscallyfitfoodie.com* -- James B.

Serves 4 – Prep Time: 10 min, Cook Time: 15 min



Ingredients

For the batter:

- 1 c organic/unbleached whole wheat flour
- 2 tbsp Dark Chocolate cocoa powder (Dutch processed, 100% cacao is what was used)
- 1 tbsp ground cinnamon
- 2 tsp baking powder
- ½ tsp sea salt (fine)
- 2 tbsp honey (I used clover honey)
- 1 c skim milk
- 2 eggs, medium
- 1 tbsp coconut oil
- ½ tsp each of almond and vanilla extract
- ½ cup bing cherry pieces (minus pits), roughly chopped

For the sauce:

- 1.5 c bing cherries (minus pits), roughly chopped/crushed (reserve all cherry juice)
- 0.5 c water
- 1 tbsp honey
- 1 tbsp balsamic vinegar
- Corn starch slurry – whisk together 2 tsp corn starch and 2 tsp room temperature water

Directions

Make the batter:

1. Mix together dry ingredients in a large bowl.
2. Mix together wet ingredients in a medium bowl.
3. Pour wet mixture into dry mixture and whisk to combine.

Make the sauce:

1. Combine water, 1.5 c cherry pieces/juice, balsamic vinegar, 1 tbsp honey. Cook on medium heat for 8-10 minutes until slightly syrupy. Crush the cherries as you go to release juices.
2. Remove cherry pieces and reserve.
3. Mix in cornstarch slurry and cook 1-2 more minutes.
4. Put sauce in a bowl or squeeze bottle for serving.

Make the pancakes:

1. Heat a large non-stick saucepan on medium heat.
2. Add two half cup scoops (separate from each other) to the saucepan.
3. Cook for about 3-4 minutes on the first side and another 15-30 seconds on the second side.

Serve two pancakes per plate, topped with the sauce and the reserved cherry pieces.

Additionally, you can add maple syrup, honey, confectioner's sugar, pistachios or almonds, coconut milk sweetened with honey or with cinnamon mixed in...or even dark chocolate shavings, if you're doing a more dessert-like preparation of this dish.

Nutrition (per serving...4 servings total for recipe): 295 calories, 55g carbs, 7g fat, and 11g protein (calculated with www.myfitnesspal.com/recipe/calculator).