



CHEF KATE

CULINARY OIL
BRAND AMBASSADOR
& CHEF-TO-THE-STARS



CHOC TEFF PANCAKES (GF) & HOT CHOC COCONUT SYRUP

HOT CHOC COCONUT SYRUP

MAKES Approx. 1 cup **PREP TIME** 5 min **COOKING TIME** 2 - 3 min

A NOTE FROM CHEF KATE

"This creamy, rich syrup is quite the treat when served for special occasions. It's also wonderful served warm over yoghurt, ice creams or cakes."

INGREDIENTS

- 1 cup Coconut milk (full fat)
- ¼ cup Cacao powder, to taste
- ½ cup Honey or maple syrup, to taste
- 1 - 2 drops Young Living Orange or Lemon essential oil



METHOD

1. Place all ingredients in a small saucepan over medium heat and whisk until well combined. Check for sweetness and add more honey or maple syrup if desired, then stir.
2. Alternatively, place all ingredients in a blender and blend well, then pour into the saucepan and stir while heating.
3. The syrup will keep for approximately 7 days in the refrigerator, or you can freeze for up to 1 month.

NOTE: Stevia can also be used to sweeten the syrup, but it makes a little less syrup. Chopped nuts and/or shredded coconut can also be added while cooking.

CHOC TEFF PANCAKES (GF)

SERVES 8 - 12 **PREP TIME** 10 min **COOKING TIME** 5 - 10 min

A NOTE FROM CHEF KATE

“These pancakes are quick and easy to make — and they’re full of great things to start your day off right! The eggs and coconut milk add protein alongside the teff flour, which is naturally high in protein (14%). I really love the kick of energy, richness and flavour the chocolate gives them too. These pancakes are especially yummy with banana pieces, chopped nuts and healthy chocolate chips (70% dark chocolate and naturally sweetened) or cacao nibs.”

DRY INGREDIENTS

- 1 cup Teff flour (or other gluten-free flour)
- ½ cup Gluten-free rolled oats (or substitute with ¼ cup extra teff flour)
- 4 tbsp. Cacao powder
- ¼ tsp. Baking powder (aluminium-free)
- ¼ tsp. Sea salt, to taste
- 2 tbsp. Shredded coconut
- 1 tbsp. Chia seed *Optional*
- 2 tbsp. Honey or maple syrup, to taste

WET INGREDIENTS

- 2 Eggs
- 1 cup Coconut milk or milk of choice
- 1 tsp. Vanilla extract *Optional*
- ½ cup Sparkling water or spring water
- 2 drops Young Living Cinnamon Bark essential oil, to taste
- Coconut oil, ghee or butter, for cooking



OPTIONAL ADDITIONS

- ½ cup Chopped nuts
- ½ cup Pumpkin and/or sunflower seeds
- ½ cup Blueberries or other berries
- 1 Banana, cut into small pieces
- ½ cup Cacao nibs or 70% dark chocolate chips

METHOD

1. In a medium-large bowl, mix all the ingredients together well. Alternatively, combine all wet ingredients besides the coconut oil, ghee or butter in a blender or food processor, then add all dry ingredients and do the same. Then, add any of the optional additions after blending and gently mix by hand to combine.
2. Heat a large frying pan to medium-to-high heat, add a generous amount of coconut oil, ghee or butter to the pan and let it heat for 1-2 minutes. Add enough batter into the pan to form approx. 8 cm round (or larger) pancakes. Repeat as desired, leaving some space between pancakes for turning. Do not overcrowd the pan.
3. Cook for approximately 2 minutes on one side or until they start to brown, then flip over carefully and cook for around 2 minutes. Take care not to burn them and adjust the temperature of the pan if needed. Repeat steps until all the pancakes are cooked - or save some of the batter for the next day.
4. Serve immediately. Alternatively, transfer to an oven-safe baking dish, loosely cover with baking paper and put them in a 120°C oven to keep warm until ready to serve. Serve with **Hot Chocolate Coconut Syrup** or maple syrup.

NOTE: This makes a semi-thick batter - thin with a small amount of milk or water if desired.

TIP: Serve the pancakes warm, either straight from the pan or from a warming oven, and drizzle with coconut syrup, honey, or maple syrup if desired.