THE LIGHTER PLATE METHOD

Cocoa & Peanut Butter Breakfast Pancake

A single, satisfying pancake finished with a slick of peanut butter — tastes more indulgent than it is.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**5 min**	**10 min**	**1**	**EASY**

Ingredients

- 1 egg
- 1 tbsp oat bran
- 2 tbsp unsweetened desiccated coconut
- 1 tsp cocoa powder
- 1 tbsp peanut butter
- 1 tsp coconut oil (for greasing)

Method

1. Mix the egg, oat bran, coconut and cocoa powder together to a batter.
2. Grease a small pan with coconut oil and pour in the batter.
3. Cook for 2 minutes each side, until golden.
4. Spread the peanut butter over the top to serve.

Tips & swaps

- A pinch of cinnamon in the batter is a good addition.

Storage & reheating

Best eaten fresh.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
320	**14g**	**14g**	**24g**	**5g**

Estimated values, for guidance only. Contains: Egg, Peanuts.