

Double Chocolate Pancakes With Peanut Butter Sauce



Preparation time: 40 mins

Serves: 10 people

User Rating: ★★☆☆☆

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Categories: Pancake Tuesday, Pantry and Fridge Staples, Breakfast Recipes, Desserts, Kid Friendly

An indulgent breakfast treat or morning tea bite - the ultimate meal to make for your better half on a special occasion like Valentine's Day, Pancake Day or Sunday mornings.

We've added a delicious peanut butter sauce, and recommend enjoying with a dollop of double cream as well but feel free to replace those toppings with fresh strawberries or seasonal fruit - anything that complements chocolate, as these delicious morsels are packed with chocolate chips for extra decadence. Trust us, a fluffy stack of these pancakes is heavenly.



Ingredients

Double choc pancakes

- 1 ¼ cups (190g) plain flour
- 2 tbsp caster sugar
- 2 tbsp unsweetened cocoa powder
- 1 tbsp baking powder
- ¼ tsp salt
- 3 eggs
- 1 tsp vanilla extract
- 1 cup (250ml) milk
- 50g unsalted butter, melted, plus extra for cooking
- ⅓ cup (70g) milk choc bits
- 300ml cream, whipped
- 2-3 bananas, sliced
- Grated dark chocolate for garnish (optional)

Peanut butter sauce

- ½ cup (150g) smooth peanut butter
- ¼ cup (35g) brown sugar
- 150ml thickened cream
- 2 tbsp maple syrup

Method

Peanut butter sauce

1. Combine peanut butter, brown sugar, cream and maple syrup in a small saucepan and heat over low heat, stirring continuously for 3 minutes or until smooth and sugar has dissolved.
2. Sauce should have a thick pouring consistency. If it becomes too thick, stir in a little water or cream to loosen the sauce.
3. Pour into a serving jug, cover and set aside.

Double choc pancakes

1. Sift flour, sugar, cocoa powder, salt and baking powder together in a medium bowl. Mix well. Make a well in the centre.
2. Whisk together eggs, vanilla and milk in a small bowl.
3. Pour into the dry ingredients, along with melted butter. Mix until just combined.
4. Fold in choc bits and set aside to rest for 10 minutes.
5. Heat a non-stick frying pan over medium-low heat and add a little melted butter. Swirl until it begins to foam.
6. Using a ⅓ cup measure, scoop pancake batter into hot frying pan. Cook 2 minutes or until bubbles form and burst on the top of the pancake. Turn over and cook for a further 1 minute.
7. Place cooked pancakes into a large baking dish and cover with foil. Keep warm in a low oven while cooking remaining pancakes.
8. Serve pancake stacks topped with sliced bananas, whipped cream and drizzled with the warm peanut butter sauce. Garnish with grated dark chocolate.

Notes

- Store peanut butter sauce in a sealed container in the refrigerator for up to one week. Just before serving, warm over low heat or in the microwave, adding a tablespoon or so of cream or milk to get a pouring consistency.
- Wrap leftover cooked pancakes in cling film and refrigerate for 2-3 days. Reheat in the microwave in 30 second bursts until warmed through.

Nutritional Information

| | | | | | | | | |
|--------------|-------------------|---------|-----------|---------------|---------------|---------------|--------|-------|
| Serving size | Energy | Protein | Total fat | Saturated fat | Carbs (total) | Carbs (sugar) | Sodium | Fibre |
| 181g | 2270kj 543kcal | 11.1g | 36.8g | 20.6g | 40g | 23.2g | 408mg | 3.1g |
| | | | | | | | | |
| Vitamin D | | | | | | | | |
| 1.2µg | | | | | | | | |

All nutrition values are per serve.