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# BOOST High Protein Banana Chocolate Buckwheat Pancakes



Buckwheat is an ancient grain packed with, vitamins, minerals and antioxidants and fibre. When combined with chocolate and bananas this snack packs a wallop of flavour.

**Prep time:** 10 mins.

**Cook time:** 30 mins.

**Total time:** 45 mins.

**Servings:** 12 pancakes

**Skill level:** Intermediate

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## What you need

### INGREDIENTS

1 bottle [BOOST High Protein - Chocolate](#)

1/3 cup (75 ml) all-purpose flour

1/2 cup (125 ml) buckwheat flour

4 teaspoons (20 ml) cocoa powder

1 1/2 teaspoon (7 ml) baking powder

1/4 teaspoon (1 ml) baking soda

1 pinch salt

1 1/2 ripe bananas

mashed

2 tablespoons (30 ml) brown sugar

2 tablespoons (30 ml) melted coconut oil  
divided

2 tablespoons (30 ml) chopped toasted almonds

see tips

1/3 cup (85 ml) smooth almond butter

warmed

1/2 banana

sliced

1/4 teaspoon (2 ml) cinnamon

## How to prepare

### INSTRUCTIONS

**1**

In large bowl, whisk together all-purpose flour, buckwheat flour, cocoa powder, baking powder, baking soda, and salt.

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**2**

In separate bowl, whisk together BOOST® High Protein Chocolate, mashed banana, sugar, 1 tbsp (15 mL) oil; add to dry ingredients and mix until lumpy. Gently fold in chopped almonds.

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### TIPS

#### Lower Sugar Option

For a lower sugar option, substitute with Boost Diabetic Chocolate (0.5g sugar vs 14g sugar in Boost High Protein)

#### Toasted almonds

To toast almonds, place on a cookie sheet in a 350°F (180°C) oven and bake for 5 to 7 minutes or until golden. Allow to cool before chopping.

### 3

Heat a large non-stick skillet over medium heat; lightly brush with some of the remaining oil. Scoop scant 1/4 cup (60mL) batter into pan; spread lightly to form pancake. Repeat. Cook until bubbles appear on top, about 3 minutes. Flip and cook until bottom is golden brown, about 1 minute. Repeat with remaining batter, brushing lightly with more oil. Transfer to rimmed baking sheet; cover and keep warm in 250°F (120°C) oven.

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### 4

Serve pancakes warm, spread with almond butter, fresh sliced bananas and a sprinkle of cinnamon.

**Protein**

**Breakfast**