



Serves	10-12
Prep (min)	15
Cook (min)	25

CHOCOLATE PANCAKES WITH BANANA, CUSTARD & CHOCOLATE SAUCE!

American style pancakes with a chocolate twist! **Remember** to let a grown-up check every packet label for allergens (and traces of allergens) before starting to cook.

Free from

Dairy
Egg
Gluten
Nuts
Peanut
Soya
Sesame
Shellfish
Fish

Ingredients

1 grown-up

Pancakes

250g gluten-free plain flour
2 tsp gluten-free baking powder
35g cocoa powder
300ml dairy-free milk
1 tsp vanilla extract
2 tbsp sunflower oil

Thick Custard

3 tbsp Bird's Custard Powder
2 tbsp sugar
500ml dairy-free milk

Chocolate sauce

60g cocoa powder
60g sugar
120ml water
2 bananas (sliced to decorate)

Method

Make sure you let the grown-up help you with the cooking, as the saucepans and frying pans get very hot!

1. Pancakes In a large bowl sift and mix together the gluten-free flour, baking powder and cocoa powder. Then add your dairy-free milk, sunflower oil, vanilla extract and whisk to make a smooth batter. Set aside while you make the toppings!

2. Thick Custard First, mix together the custard powder and sugar with a splash of dairy-free milk to make a paste. Then slowly warm up the rest of your dairy-free milk in a saucepan, add your paste and stir over low heat for 3-4 minutes until the custard becomes thick & creamy.

3. Chocolate Sauce Place all the ingredients in a saucepan. Slowly heat, stirring continuously on a gentle simmer until you reach your desired thickness.

4. Time to cook the pancakes... Drizzle some oil in a non-stick frying pan and heat over a medium heat. For each pancake spoon 1-2 tablespoons of batter into the pan and flip your pancake over when you start to see bubbles appearing on the top (1-2 mins). Then cook for a further 30 seconds on the other side. Stack your cooked pancakes on a plate, ready for the next step.

5. The finalé! Serve by stacking two pancakes on top of each other. Add a dollop of thick custard and a few banana slices on top. Then drizzle with chocolate sauce!

If you are allergic to bananas you can use blackberries, raspberries or puréed apple.

IMPORTANT INFORMATION

Even though we have made every effort to check all product ingredients are free from listed allergens, please always make sure to double check product labels before consuming. Product ingredients and manufacturing processes change frequently. Therefore Allergy Adventures® cannot be held responsible for any consequences that may arise from any information listed on this page.

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A world of serious fun