



ALLERGIES:

No grains
No dairy
No gluten
No nuts
Low disaccharides

Prep time: 15 mins

Cook time: 5 mins

Serves: 2

INGREDIENTS

WET INGREDIENTS:

- ¾ cup almond or coconut milk
- 3 large eggs (whites only)
- 1 tbsp honey
- 1 tbsp coconut oil (melted)

DRY INGREDIENTS

- 2 tbsp coconut flour
- 2 tbsp cacao powder
- ¼ tsp baking powder (gluten free)
- ¼ tsp ground flax seeds
- spray oil

METHOD

- Place jam ingredients into microwave safe dish, and cook 2 minutes on High.
- Stand aside to cool and thicken.
- In a medium bowl mix all wet ingredients.
- Add dry ingredients and whisk until smooth.
- Set aside for 10 minutes to thicken (mixture is quite thin).
- Preheat a non stick pan on medium heat and spray with oil.
- Spoon 1 tbsp mixture into pan (cook 2-4 at once), and cook for 4-5 minutes, turning half way through.
- Remove and keep on plate until all cooked.
- When completed, spread jam over each one, and stack 5 on top of each other.
- Combine chocolate sauce ingredients and mix well.
- Serve stacks with a drizzle of chocolate sauce over the top, or a spoon on top.

MINI **CHOCOLATE** **STACKS**



CHOCOLATE SAUCE

- 2 tbsp cacao powder
- 1 tbsp water
- 1 tbsp honey

JAM

- 1 tbs chia seeds (ground)
- 12 frozen (thawed) cherries
- 1 tbsp water