



**Makes 10 pancakes**  
**Preparation Time: 30 minutes**  
**Cook Time: 30 minutes**

#### INGREDIENTS:

½ teaspoon active dry yeast

2 tablespoons + ½ teaspoon  
date paste

2 bananas, peeled and cut into  
large pieces

1½ cups unsweetened,  
unflavored almond milk

¼ cup + 1 tablespoon  
unsweetened cocoa powder

⅛ teaspoon pure vanilla extract

¾ cup whole wheat flour

¾ cup oat flour

1 teaspoon regular or sodium-  
free baking powder

½ teaspoon sea salt

1 tablespoon avocado oil  
(optional, [learn more](#))

## Sweet Moroccan Pancakes with Chocolate Banana Sauce

These **breakfast** pancakes, called baghrir in Morocco, are similar to crepes, with a light, spongy texture. They're traditionally topped with honey and butter, but are delicious with fresh fruit and a hearty drizzle of homemade chocolatey banana sauce. Spread the scrumptious batter very thin on your skillet to create the delicate mouthfeel these pancakes are known for. Feel free to enjoy them with a knife and fork, or roll up your toppings for a sweet taquito-style snack!

### Tips

**Optional oil:** This is a **Forks Flex Recipe**, which means it includes a small amount of optional oil. If you include the oil, you'll add 24 calories, 2.8 g total fat, and 0.4 g saturated fat per serving.

By Darshana Thacker Wendel

- 1 In a large bowl combine 1 cup warm water (105°F to 115°F), the yeast, and ½ teaspoon of the date paste. Cover bowl with a cloth; let stand about 10 minutes or until mixture is frothy.
- 2 For Banana-Chocolate Sauce, in a blender combine bananas, ¾ cup almond milk, the remaining 2 tablespoons date paste, the cocoa powder, and vanilla extract. Cover and blend until smooth.
- 3 In another bowl stir together whole wheat and oat flours, baking powder, and salt. Uncover yeast mixture; stir in the remaining ¾ cup almond milk and ½ cup water. Add flour mixture; whisk until smooth. Cover; let stand in a warm place 20 minutes.
- 4 For oil-free: Preheat a nonstick skillet or crepe pan over medium-low about 3 minutes or until a drop of water dances when it hits the pan. *(If using oil: Preheat a skillet or crepe pan over medium-low about 3 minutes. Lightly coat with avocado oil.)* Pour ⅓ cup of the batter in center of pan; use a crepe spreader or offset spatula to spread the batter into a 5-inch round. Cook 2 to 3 minutes or until underside is lightly browned. Use a thin spatula to turn pancake; cook 2 to 3 minutes more or until golden. Place pancake on a baking sheet; cover with a cloth. Keep warm in a 200°F oven while making remaining pancakes. Serve warm with a drizzle of Banana-Chocolate Sauce.