

# Choco Banana Pancake with Date Caramel Sauce

Makes 2 small pancake

You'll need: food processor, dehydrator

Preparation time: 30 minutes

Total time: 10 hours



## Ingredients for pancake:

3 ripe banana

2 tbps cacao powder

2 tbsp ground flax seeds

1/3 cup dates ( soaked ) + water from soaking

2 tbps cacao powder

Blend everything until smooth. Spread the mixture evenly into pancake shape. They should be about 1/4 inch thick.

Dehydrate at 118°F overnight, 8 hours. Flip and remove dehydrator sheet. Continue to dehydrate for another 2 hours or until dry but flexible.

## Ingredients for date caramel:

1 cup soaked dates

1/4 cup peanut butter

1 cup filtered water

pinch cinnamon

Blend everything until smooth.

Enjoy!