



Chocolate beetroot pancakes

Equipment

1/2 measuring cup
1/4 measuring cup
1 measuring cup
1 tbsp
Mixing spoon
1 Median mixing bowls
1 jug
Wooden spoon
Sifter
Spatula

Ingredients

1 cup self-raising flour
1/4 cup cocoa powder
1/4 cup caster sugar (or brown sugar)
1 small raw beetroot, peeled and finely grated (approx. 1/2 cup packed)
3/4 cup milk
1 large egg
1 tbsp butter, melted (plus a little extra butter or oil spray for the frypan)
1 tsp vanilla extract (*optional*)
1/4 cup mini dark chocolate chips folded into the batter at the end
Raspberry and greek yoghurt for serving

Instructions

1. Peel the raw beetroot and finely grate it using the fine side of a box grater.
2. In a mixing bowl, sift together the self-raising flour and cocoa powder.
3. In a separate bowl, whisk together the egg, milk, melted butter, vanilla extract
4. Add in the finely grated raw beetroot.
5. Pour the pink beetroot mixture into the cocoa and flour mixture. Fold gently with a spatula or wooden spoon until just combined. Don't over-mix—a few small lumps are completely fine!

Cook on the Frypan

1. Pre-heat your electric frypan to **medium heat** (around 160°C–180°C) and lightly grease with a little butter or cooking oil spray.
2. Drop **1 tablespoon** of batter per pikelet onto the hot frypan, leaving space between them to swell and flip.
3. Cook for **2–3 minutes** until tiny bubbles start to appear on the surface.
4. Carefully flip with a spatula and cook for another **1–2 minutes** until springy to the touch.
5. Serve with raspberry jam and greek yoghurt.

