



## Ragi Banana Chocolate Pancake

👤 1

🕒 15 Min

### Description

These Pancakes are delicious, fluffy, light, quick and perfect as breakfast/dinner. The sweetness from the iron-rich jaggery, nutritious ragi (finger millet) flour beautifully make this an ideal and nutritious meal or snack for all age group people.

### Ingredients

- 1 Tbsp(6.0 gm) Ragi Flour
- 1.0 Tbsp(9.0 gm) Wheat Flour (Whole)
- 1 Chopped Tbsp(12.0 gm) Banana
- 1 Tbsp(10.0 gm) Jaggery Powder
- 2 Tsp(12.0 ml) Chocolate Syrup
- 1 Tsp(3.0 ml) Oil
- 15 MI(15.0 ml) Water

### Method of Preparation (Step by Step)

- Dry roast 1 tbsp wheat flour.
- In a mixing bowl, take 1 tbsp ragi flour, roasted wheat flour and 1 tbsp jaggery powder.
- Pour in a bit of water and mix properly, ensuring all the ingredients are evenly distributed in the batter and keep it aside.
- Heat a nonstick fry pan at a low flame.
- Pour the batter on the pan and spread evenly to form a pancake.
- Apply 1 tsp oil and spread it evenly.
- Flip and make sure both sides are browned well.
- Garnish with 1 tbsp chopped banana and 2 tsp chocolate syrup.
- Serve fresh and hot.

### Nutrition Information

Per Serving: 1 Number - 34.0 gm

Energy	79.28 kcal
Carbohydrate	14.41 gm
Protein	0.37 gm
Total Fat	1.77 gm
Total Fiber	1.11 gm