Chocolate Stout Whole Grain Pancakes
makes 4 large (6-inch) pancakes or many more smaller ones

Ingredients

- 6 ounces or 1½ cups of whole wheat flour or gluten-free flour (bean-based recommended)
- 2 ounces or ½ cup of almond flour
- ½ ounce or 3 tablespoons of natural cocoa powder
- 2 teaspoons of baking powder
- ½ teaspoon of kosher or flake sea salt
- 4 large eggs
- 6 ounces or ¾ cup of your favorite stout, milk, or craft root beer*
- 2 ounces or ¼ cup of dark brown sugar or coconut sugar
- 2 ounces or ¼ cup of melted butter or oil
- 1 tablespoon of vanilla extract

Optional Garnishes

- dark or semi-sweet chocolate chips
- ½ cup of heavy cream and a drizzle of maple syrup
- A few tablespoons of Irish cream liqueur
- Grated nutmeg

1. **Pour and settle the stout, and prepare for whipped cream.** Pour the stout into a measuring glass, letting the head settle and adjusting as needed until you have the correct amount. Set the bowl and beaters for the whipped cream in the refrigerator.
2. **Whisk the dry ingredients.** Weigh or measure the flour, almond flour, cocoa powder, baking powder, and salt into a medium bowl and whisk well to combine. If your almond flour is lumpy, sift it in or break up the lumps with the top of the whisk.
3. **Add the wet ingredients.** Make a well in the middle of the flour mixture and measure in the eggs, sugar, oil, vanilla extract, and about half of the stout (eyeball it). Whisk the wet ingredients until smooth, then widen your stroke to bring in the flour. Slowly add the remaining stout while whisking until you have a thick but pourable batter (you may not need all of the beer or milk or may need a little more). Mix only as long as it takes to create a homogenous but slightly lumpy batter. Fold in the chocolate chips now, or sprinkle them on top of the batter right after you pour it into the pan.
4. **Cook, flipping once.** Heat a pan or skillet over medium-low heat and lightly grease it with butter or oil (I like to use a paper towel to create a light coating). Pour or spoon a portion of batter into the pan and cook each pancake undisturbed until bubbles break through the surface, then flip it. The pancake is done when the top of the first side springs back when lightly touched. Keep cooked pancakes warm in the oven at the lowest possible temperature. Leftover pancakes can be stored airtight in the freezer.
5. **Whip the cream (optional).** Beat the heavy cream on medium speed in a small bowl (or in a stand mixer with the whisk) until it thickens and reaches soft peaks. Add the nutmeg, maple syrup, and cream liqueur, if using, and whip a minute or two more.

Notes
If you use milk instead of beer, you can cut back on the eggs by one. I recommend using all four eggs if making gluten-free pancakes. Since root beer of any kind is incredibly sweet, you can leave out the sugar if using soda or only use a couple of tablespoons.