



## Brownie Protein Pancakes

2 servings

15 minutes

### Ingredients

2 tbsps Ground Flax Seed  
 1/3 cup Water  
 1/2 cup Chickpea Flour  
 1/2 cup Chocolate Protein Powder (1/4 cup = 1 scoop)  
 1 tbsp Cacao Powder  
 1 tbsp Baking Powder  
 1 cup Unsweetened Almond Milk (or water)  
 1/4 cup Organic Dark Chocolate Chips  
 1 1/2 tsps Coconut Oil

### Nutrition

Amount per serving	
Calories	455
Fat	20g
Carbs	36g
Fiber	6g
Sugar	16g
Protein	29g

### Directions

- 1 Combine the ground flax and water in a small bowl. Whisk and set aside to thicken for about 5 minutes.
- 2 In a medium sized bowl, combine the chickpea flour, protein powder, cocoa powder, and baking powder.
- 3 Add the almond milk and flax mixture to dry ingredients. Mix well until a smooth batter forms. Fold in the chocolate chips.
- 4 Heat coconut oil in a nonstick skillet over medium heat. Spoon the batter into the pan in 1/4 cup portions. Cook pancakes for about 3 to 4 minutes per side.
- 5 Plate the pancakes and enjoy!

### Notes

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, results may vary.

**Save Time:** Make the pancake batter in a blender.

**Toppings:** Maple syrup, honey, fresh fruit, granola, seeds or nuts.

**Leftovers:** Store in a sealed container in the fridge up to 3 days. Reheat in the oven, toaster oven or in a skillet.

**No Chickpea Flour:** Try oat flour instead. Results may vary.