



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 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
Saturated	13g
Carbs	36g
Fiber	6g
Sugar	16g
Protein	29g
Cholesterol	4mg
Sodium	866mg

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.