

# 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 Cocoa 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

## DIRECTIONS

- 01 Combine the ground flax and water in a small bowl. Whisk and set aside to thicken for about 5 minutes.
- 02 In a medium sized bowl, combine the chickpea flour, protein powder, cocoa powder, and baking powder.
- 03 Add the almond milk and flax mixture to dry ingredients. Mix well until a smooth batter forms. Fold in the chocolate chips.
- 04 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.
- 05 Plate the pancakes and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	465	Cholesterol	4mg
Fat	20g	Sodium	856mg
Carbs	41g	Vitamin A	250IU
Fiber	9g	Vitamin C	1mg
Sugar	17g	Calcium	803mg
Protein	29g	Iron	4mg

