Brownie Protein Pancakes

9 ingredients · 15 minutes · 2 servings



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.

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 Dark Chocolate Chips

1 1/2 tsps Coconut Oil

Nutrition

Amount per serving

Calories	444	Vitamin D	50IU
Fat	19g	Vitamin E	0mg
Saturated	13g	Vitamin K	2µg
Carbs	37g	Thiamine	0.3mg
Fiber	6g	Riboflavin	0.6mg
Sugar	17g	Niacin	1mg
Protein	29g	Vitamin B6	0.3mg
Cholesterol	4mg	Folate	109µg
Sodium	866mg	Vitamin B12	0.6µg
Potassium	376mg	Phosphorous	564mg
Vitamin A	259IU	Magnesium	110mg
Vitamin C	0mg	Zinc	2mg

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Calcium	773mg	Selenium	9µg
Iron	4mg		