



CHOCOLATE ORANGE PROTEIN PANCAKES

High Protein / Clean Eating

Recipe by Sari (@feed.your.soul.sari) and featured on MariGoldBars.com

"Tastes like a brownie in waffle form! Covered in a dreamy chocolate orange sauce, this breakfast is guaranteed to be your new favorite weekend treat!"

- Sari

INGREDIENTS:

- 1/2 cup oat flour
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1 tbsp cocoa powder
- 1/8 tsp salt
- 1/4 cup mashed banana
- 1 scoop MariGold Rich Chocolate Malt Whey Isolate Protein Powder
- 1/2 cup almond milk
- 2 tbsp orange juice
- 1/2 tbsp orange zest

Toppings (optional - this is what I used)

- Yogurt
- Banana
- Fresh oranges
- Blueberries
- Granola
- Hemp seeds



DIRECTIONS:

1. Preheat a skillet with nonstick spray
2. Mix together all pancake ingredients until smooth (you can add more almond milk if needed).
3. Pour batter in your waffle maker. Cook according to your waffle makers instructions.
4. Top and devour!

Chocolate Orange Sauce (optional)

- 1/2 tbsp cocoa powder
- 1 tbsp cashew butter
- 1 tbsp date nectar
- 1 tbsp almond milk
- 1 tbsp orange juice

DIRECTIONS: Mix all ingredients together and drizzle over pancakes.

Featuring MariGold
Rich Chocolate Malt Whey Isolate
Protein Powder
(MariGoldBars.com)

