



## GINGERBREAD PROTEIN PANCAKES

High-Protein / Gluten-Free / Grain-Free / Keto-Friendly

Recipe Featured on [MariGoldFoods.com](https://MariGoldFoods.com)

### INGREDIENTS:

- 1 cup almond flour
- 1 scoop MariGold Creamy Vanilla Whey Isolate Protein Powder
- 1 teaspoon baking powder
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- Pinch of salt
- 2 large eggs
- 1/4 cup unsweetened almond milk
- 1 tablespoon melted coconut oil or butter
- 1 tablespoon keto-friendly sweetener, honey, or maple syrup (optional for additional sweetness)
- 1 teaspoon vanilla extract

### DIRECTIONS:

1. In a mixing bowl, whisk together almond flour, Creamy Vanilla Whey Isolate Protein Powder, baking powder, cinnamon, ginger, nutmeg, and a pinch of salt.
2. In a separate bowl, beat the eggs. Add almond milk, melted coconut oil or butter, molasses, and vanilla extract. Mix well.
3. Pour the wet ingredients into the dry ingredients and stir until just combined. If the batter is too thick, you can add a bit more almond milk.
4. Heat a griddle or non-stick skillet over medium heat. Spoon portions of the batter onto the griddle to form pancakes. Cook until bubbles form on the surface, then flip and cook the other side until golden brown.
5. Stack the Gingerbread Protein Pancakes on a plate. Serve with sugar-free syrup or your favorite low-carb topping.



Featuring MariGold  
Creamy Vanilla Whey Isolate  
Protein Powder  
([MariGoldFoods.com](https://MariGoldFoods.com))

