



## KETO MATCHA PROTEIN PANCAKES

High-Protein / Keto-Friendly / Low-Carb / Gluten-Free

[MariGoldFoods.com](https://MariGoldFoods.com)

### INGREDIENTS:

- 1 cup almond flour
- 2 tsp MariGold Matcha Green Tea powder
- 1 scoop MariGold Whey Isolate Protein Powder (your favorite flavor)
- 1 tbsp of favorite sweetener (optional, if you prefer sweeter pancakes)
- 1/2 tsp baking powder
- 1/4 tsp salt
- 2 eggs
- 1/4 cup light coconut milk
- 1/2 tsp vanilla extract
- Berries for topping (optional)
- oil or butter for frying

### DIRECTIONS

1. Combine the dry ingredients in a mixing bowl, and in a separate bowl, whisk together the wet ingredients until well blended.
2. Gradually pour the wet mixture into the dry ingredients and gently fold them together until just incorporated.
3. Heat your pan over medium heat and add a touch of butter or grease to prevent sticking. Once heated, ladle a portion of the pancake batter into the pan.
4. Cook the pancakes for about 2-3 minutes until you notice the edges slightly crisping up and small bubbles forming on the surface. Then, carefully flip the pancake and cook for an additional minute on the other side.
5. Serve the pancakes maple syrup (optional), and if desired, you can add some fresh berries for a burst of flavor and a sprinkle of matcha powder.



Featuring MariGold  
Matcha Green Tea Powder  
& Whey Isolate Protein Powder  
([MariGoldFoods.com](https://MariGoldFoods.com))

