



## PUMPKIN SPICE PROTEIN PANCAKES

High Protein / Collagen-Infused / Gluten-Free / Low Sugar

Recipe created by Maria (@purely\_healthy\_living) and featured on MariGoldFoods.com

### INGREDIENTS (makes 5 pancakes):

- 1/2 cup of gluten-free all purpose flour
- 1/2 cup of non-GMO masa harina flour
- 1-2 scoops of MariGold Pumpkin Spice Collagen Peptides
- 2 whole eggs
- 1/4 cup of pumpkin puree
- 1 tsp of cinnamon
- 1 cup of cottage cheese
- 1 tsp of vanilla extract
- 4 tbsp of monk fruit (or try MariGold Allulose!)

### Toppings (optional)

- Sugar-Free Glaze (Powdered Monk Fruit + Sugar Free Maple Syrup)
- Sugar-Free White Chocolate Chips

### DIRECTIONS:

1. Blend all the ingredients for the pancakes until there are no cottage cheese lumps.
2. Cook in a skillet or a little pancake griddle (used Dash) for 4 minutes.
3. Mix the ingredients for the glaze.
4. Serve the pancakes with toppings and enjoy!



Featuring MariGold  
Pumpkin Spice  
Collagen Peptides Powder  
(MariGoldFoods.com)

