



Cleaned Up Biscuits

8 servings

30 minutes

Ingredients

- 3/4 cup Almond Flour
- 1/4 cup Coconut Flour
- 1 tsp Baking Powder
- 1 1/2 tbsps Coconut Oil (chilled)
- 6 Egg (whites only)

Nutrition

Amount per serving	
Calories	152
Fat	12g
Carbs	5g
Fiber	2g
Sugar	1g
Protein	7g
Cholesterol	140mg
Sodium	122mg
Potassium	52mg
Vitamin C	0mg
Calcium	77mg
Iron	2mg
Vitamin D	31IU
Folate	18µg
Vitamin B12	0.3µg
Magnesium	35mg
Zinc	0mg

Directions

- 1 Preheat oven to 400°F (204°C). Line baking sheet with parchment paper.
- 2 Mix together almond flour, coconut flour and baking powder. Add coconut oil and use your hands to break it up until crumbly. Set aside in the fridge.
- 3 Use a hand mixer to whip the egg whites until stiff peaks form. Fold the whites into your chilled flour mixture.
- 4 Scoop the mixture onto the baking sheet using an ice cream scoop and gently flatten the top. Bake for 20 minutes or until golden brown.
- 5 Remove from oven. Let cool then enjoy!

Notes

Serving Size: One biscuit per serving.

Serve Them With: Soup, butter, ghee or our Turkey Gravy.

Coconut Flour: This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.