



Southern-Style Paleo Biscuits

Active Time: 10 minutes | **Total Time:** 30 minutes | **Serves:** 6

Nutrition Information Per Serving

122.2 calories, 9.18 g carbohydrate, 3.94 g fiber, 5.24 g NET carbs, 5.8 g protein, 7.14 g fat

Ingredients

- 8 Tbsp(s) Bob's Red Mill Organic Coconut Flour
- 1/4 cup(s) Bob's Red Mill Almond Meal/Flour
- 2 Tbsp(s) Bobs Red Mill Arrowroot Starch
- 1/4 tsp(s) Real Salt
- 2 Tbsp(s) grass-fed salted butter
- 6 large(s) egg whites
- 1 tsp non-aluminum baking powder

Preparation

1. Preheat oven to 400 F. Prepare a muffin tin or a baking sheet by lightly greasing.
2. In a medium bowl, whisk together the dry ingredients.
3. Using a pastry blender or two knives, cut in the butter or shortening or coconut oil until crumbly. Place the flour mixture in the refrigerator.
4. In a Magic Bullet, blender, add the egg whites and blend until very frothy.
5. Pour the egg whites into the flour mixture and fold gently to incorporate. The dough will expand and become sturdy.
6. Use a $\frac{1}{4}$ cup scoop or gently pick up dough by $\frac{1}{4}$ cupfuls and place onto prepared pan, shaping as desired.
7. Transfer to oven and bake 17-20 minutes or until golden.
8. Let cool on a wire rack.
9. Store in an airtight container in the refrigerator. Toast to re-crisp before eating.

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