



Cheddar-Sage Biscuits

Active Time: 5 minutes | **Total Time:** 20 minutes | **Serves:** 6

Nutrition Information Per Serving

192.5 calories, 2.75 g carbohydrate, 1.37 g fiber, 1.38 g NET carbs, 5.15 g protein, 18.54 g fat

Ingredients

- 1/3 cup(s) blanched almond flour
- 2 ounce(s) organic cheddar cheese
- 1 large egg
- 1/4 cup(s) organic heavy cream
- 3 Tbsp(s) grass-fed butter
- 1/4 tsp(s) garlic powder
- 1/4 tsp(s) dried parsley
- 1/2 tsp(s) dried sage
- 1/5 cup(s) coconut flour
- 1/4 tsp(s) sea salt

Preparation

1. Preheat oven to 350 F. Line a baking sheet with parchment paper.
2. Add almond flour and coconut flour to a medium bowl.
3. Add 2 Tbsp. softened butter, egg, cream, cheese, sage, sea salt and garlic powder. Stir with a silicone spatula or wooden spoon to form a smooth dough.
4. Scoop roughly 2 Tbsp. of dough and place onto cookie sheet.
5. Transfer to oven and bake 16-18 minutes until golden.
6. While biscuits bake, melt the remaining Tbsp. butter.
7. Remove from oven, brush with melted butter and sprinkle with parsley flakes.

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