



Keto Friendly Cheesy Biscuits

My dear friend, Dana, made these incredible biscuits and was kind enough to share the recipe with me. I am a HUGE biscuit fan, but I don't like how my body feels after eating them. Bloating, sluggish, and sleepy. Not a good combination for an on-the-go momma, so when I find a recipe that is truly as good as the not-so-healthy counterpart, I have to share it with you! This recipe is not mine, but by a girl named Jennifer at <https://www.isavea2z.com/low-carb-biscuits-recipe-keto-friendly/>. I love to play with recipes, but this one is SO GOOD exactly how it is, however, adding some smoked paprika would be a great addition. Feel free to try different cheeses for different flavors. I'm a huge fan of sharp cheddar or gruyere!

Ingredients

- 1 ½ cups almond flour
- ¼ teaspoon salt
- 1 Tablespoon baking powder
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 2 eggs
- ½ cup sour cream
- 4 Tablespoons butter (melted)
- ½ cup shredded cheese

Preparation

Preheat oven to 450 degrees. Mix all of the dry ingredients together first. Combine all the wet ingredients next. Mix the wet and dry ingredients together well. Spray your muffin tin or line with cupcake liners and fill ¾ full. Cook for 10 -13 minutes.



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