

BISCUITS

Servings | Prep Time | Total Time

7 10 min 25 min

INGREDIENTS

50-gram Cream Cheese

50-gram Butter

1/2 tsp Kosher Salt

1 tbsp Erythritol

40-gram Blanched Almond Flour

40-gram Coconut Flour Raw

40-gram Vital Wheat Gluten

1/2 tsp Baking Powder

1/4 tsp Baking Soda

2 large Egg

130-gram Sour Cream

DIRECTIONS

1. Measure all ingredients- Preheat oven to 350°
2. All cream cheese and butter to come to room temperature.
3. Cream the cheese and butter until smooth with salt and erythritol.
4. Combine remaining dry ingredients in a bowl.
5. Mix in the cheese butter mixture along with the eggs and sour cream.
6. Allow the dough to hydrate for 5 minutes.
7. Mix for 1 minute by hand to develop the gluten in the dough.
8. Portion on to a silicon mat/silpat using a 2 oz (#16) portion scoop.
9. Bake for 12-14 minutes until golden brown.
10. Keeps for 5-7 days in a sealed container.



Nutrition Facts

Servings 7.0

Amount Per Serving 2 oz

calories 213

% Daily Value *

Total Fat 16 g	25 %
Saturated Fat 9 g	43 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 90 mg	30 %
Sodium 323 mg	13 %
Potassium 28 mg	1 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 3 g	12 %
Sugars 2 g	
Protein 10 g	20 %
Vitamin A	9 %
Vitamin C	0 %
Calcium	5 %
Iron	4 %

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.