

Almond Flour Blueberry Biscuits



Makes about 6-8 biscuits, depending on size and thickness

Ingredients:

- 2- $\frac{1}{2}$ cups almond flour, plus $\frac{1}{2}$ cup as bench flour
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{4}$ cup butter or coconut oil (or other oil of choice)
- 2 eggs
- 1-2 tablespoons low-carb sweetener
- $\frac{1}{4}$ cup of blueberries (fresh or frozen)
- Zest of one lemon (optional)

Instructions:

1. Pre-heat oven to 350°F.
2. Combine almond flour (2-¹/₂ cups), salt, and baking soda in a bowl. In a separate bowl, blend the oil, eggs and sweetener.
3. Add your wet ingredients into the dry, mixing till a nice dough forms (add about ¹/₄ cup of the bench flour as needed). Add the blueberries, gently blending and pressing them into the dough. If using frozen blueberries, be careful not to over mix or you will end up with blue biscuits. Chill the dough for about 30 minutes in the fridge.
4. Roll the dough out between two sheets of parchment paper or wax paper, using the bench flour to keep the dough from sticking. For large biscuits, roll the dough to about 1 inch thick. Then cut the dough with a biscuit cutter or mason jar top. For small biscuits, roll the dough to about ¹/₂ inch thick.
5. Line a baking sheet with parchment paper then place the biscuits a few inches apart from each other. Bake for 12-15 minutes or until golden brown on the outside.
6. Remove from oven and cool slightly. Best eaten warm.

Nutrition per large biscuit: Calories 275; Total Fat 24.7 g; Saturated Fat 5.4 g; Monounsaturated Fat 13.2 g; Polyunsaturated Fat 4.6 g; Total Carbohydrates 8.0 g; Dietary Fiber 3.9 g; Sugar Alcohols 0.1 g; Sugars 2.5 g; Protein 9.0 g; Sodium 291 mg