

Cheddar Moments

Makes: 10 to 12 biscuits Serving Size: 1 biscuit

Ingredients

1/2 cup coconut flour (or finely ground desiccated coconut)
1/2 cup almond flour (or finely ground almonds)
2 tsp baking powder
1 tsp garlic powder
1/2 tsp salt
3/4 cup shredded Cheddar cheese
4 large eggs
3/4 cup sour cream or Greek yogurt
1/4 cup butter or low fat spread, melted



Instructions

Preheat oven to 350F and line a large baking sheet with parchment or a silicone mat.

In a large bowl, whisk together the coconut flour, almond flour, baking powder, garlic powder and salt. Whisk in ½ cup of the shredded Cheddar. Stir in eggs, sour cream and melted butter until well combined. Drop rounded spoonfuls onto prepared baking sheet. These are very filling and they spread and rise so make the mounds smallish. You should get 10 to 12 biscuits. Sprinkle with remaining ¼ cup Cheddar.

Bake 20 to 23 minutes, until firm to the touch and cheese is just starting to brown. Remove and let cool 5 minutes.

Nutrition: Each serving has: 223 Calories; 17g Fat; 8g Protein; 9g Carbohydrate; 5g