



Categories: Family Friendly. Keto. Low Carb. Gluten Free. Vegetarian.

Cheesy Garlic Keto Biscuits

Yield: 6 servings

Prep time: 10 minutes

Total time: 25 minutes

Ingredients

Egg | 1 large

Almond Flour, finely ground | 1 cup

Sour Cream | 1/4 cup

Baking Powder | 2 teaspoons

Salt | 1/4 teaspoon

Parmesan or Cheddar Cheese, shredded | 1/2 cup

Garlic Powder | 1/2 teaspoon

Directions

1. Set the oven to 350 degrees, and lightly coat a baking sheet with non-stick spray or use parchment paper if desired.
2. In a large bowl, whisk together the egg, sour cream, and salt.
3. Using a spatula, slowly add the almond flour, baking powder, cheese, and garlic powder until well blended.
4. Spoon 6 even scoops of dough onto the baking sheet- we do not recommend trying to form a ball with the dough, as it is very sticky.
5. Bake at 350 degrees for about 15-18 minutes. Serve warm and enjoy with your favorite dish!

Tip: You can make your own baking powder if desired- simply whisk together 1/4 cup baking soda, 1/2 cup cream of tartar, and 1/4 cup arrowroot powder. Store in a sealed container.

Macronutrient Breakdown, per serving

Calories 178.5 kcal | Fat 15.3 g | Total Carbohydrates 5.1 g | Dietary Fiber 2.1 g |

Net Carbohydrates 3.0 g | Protein 7.4 g