

Keto-Friendly Drop Biscuits

Recipe by Terra Kelly

Prep: 15-20 minutes

Cook: 18-20 minutes

Makes: 6 biscuits

Ingredients

2 large eggs
2 Tbsp sour cream
3 Tbsp salted butter, melted
1 cup shredded cheddar cheese
1 ½ cup almond flour
2 Tbsp coconut flour
1 tsp baking powder
½ tsp salt

Butter glaze

2 Tbsp butter, melted
½ tsp garlic
1 tsp Italian seasoning

Directions

Preheat oven to 350 degrees Fahrenheit. Add Silpat or parchment paper to your sheet pan (or spray with cooking spray).

Melt 3 tablespoons butter over medium heat and let cool before adding to batter.

In a medium bowl, add eggs, sour cream, and melted butter. Mix together well.

In a small bowl, add almond flour, coconut flour, baking powder, and salt. Mix together well.

Add dry ingredients to your wet ingredients along with the shredded cheese. Mix all ingredients together well.

You can use a ½ cup size scoop (or whichever size you prefer) or you can use a spoon to drop each biscuit on the prepared sheet pan. Bake for 18-20 minutes or until golden brown (note: every oven can be different on bake time).

Let them cool for at least 5-10 minutes before adding the butter glaze.

Butter glaze: Melt 2 tablespoons butter over medium heat, and mix in garlic and Italian seasoning. Use a brush to add the melted butter to each prepared drop biscuit.

Enjoy!

Note: You don't necessarily need the butter glaze, but it gave them an extra pop of flavor. You could omit the cheese if you want the biscuits to be for your strawberries or any sweet treat. If you enjoy them with strawberries, maybe add a few tablespoons of keto-friendly sugar to the batter to give them an extra dash of sweet.