

BAKING POWDER BISCUITS

By Dr. Cindy Tanzar

This recipe is best kept for maintenance and/or special occasions.
Makes 10-12 biscuits.



INGREDIENTS

2 cups blanched almond flour
2 tsps. baking powder
1/2 tsp. Pink Himalayan salt
2 large pastured eggs
1/3 cup Kerry Gold butter (5-1/3 Tbsp), melted
1/4 cup sour cream

INSTRUCTIONS

Line a baking sheet with parchment paper and preheat oven to 350°F.

In a large bowl combine the almond flour, baking powder and salt, mixing well. Set aside.

Melt the butter, then add the sour cream and eggs, mixing well. Add to the flour mixture and mix until just combined. It will thicken as it sits.

Scoop tablespoonfuls of the dough onto the baking sheet and form into biscuit shapes – lightly flatten with your fingers.

Bake for 15-17 minutes or until lightly browned. Cool on the baking sheet.