

KETO BISCUITS

Oven: 400
Servings: 6

Ingredients:

1 c shredded cheddar cheese
1 c + 1 TBSP almond flour
4 TBSP room temp. butter
1 tsp baking powder
4 eggs

Instructions:

1. Heat oven to 400.
2. Mix ingredients.
3. Bake about 15 minutes until golden, cook time will depend on oven so watch them closely.
4. Makes 6 large in muffin pan (or 12 small).

Macros per muffin for 6 large: 307 calories, 13g protein, 27g fat, 3g net carbs