

Keto Three-Cheese, Herbed, & Pepper Biscuit Recipe

The Ingredients:

- 1 3/4 cups of blanched almond flour
- 2 teaspoons of baking powder
- 1 teaspoon of salt
- pinch of crushed black pepper
- 2 large eggs
- 3 oz. of cream cheese
- 1/2 cup of shredded parmesan cheese
- 1/2 cup of shredded cheddar cheese
- 1/4 of shredded cheese of your chose to mix in
- 1 cup of chopped herbs (scallions and parsley)
- 1 cup of finely chopped of multi-colored bell peppers

Instructions:

- 1.) Wash and chop herbs and peppers, put to side.
- 2.) Preheat oven to 400° F.
- 3.) In microwave safe bowl, mix cream cheese, mozzarella, parmesan cheeses, place in microwave on high for 55 secs to 1 minute. Careful not to burn. Stir until smooth.
- 4.) Add dry ingredients together: almond flour, salt, pepper, and baking powder.
- 5.) Add cheese mixture and egg to dry ingredients. Stir till it comes together.
- 6.) Add herbs and peppers to mixture. Add extra cheese. Mix till it comes together and holds form but is still slightly sticky. Don't over mix.
- 7.) Take a Full-Size = 18" x 26" cookie sheet cover with parchment. Spray with avocado oil or oil of choice.
- 8.) Use a 2 oz. ice cream scoop for large size biscuits or 1.4 oz. ice cream scoop for small size biscuits.
- 9.) Bake for 10-15 minutes.

Enjoy!

Serving:

7 large biscuits or
10-11 small biscuits

