

JALAPEÑO CHEDDAR BISCUITS

(LOW CARB RECIPE)

Ingredients

- 1 cup almond flour*
- 1 teaspoon baking powder*
- 1/4 teaspoon of garlic powder*
- 1/4 teaspoon of salt*
- 3/4 cup shredded cheddar cheese*
- 1 tablespoon of minced jalapeño pepper or one small pepper (seeds and vein removed)*
- 2 ounces of cubed cheddar cheese*
- 3 eggs (beaten)*
- 2 tablespoons of butter (melted)*



Mixing Instructions

In a medium bowl mix the almond flour, baking powder, garlic powder, salt and cheddar cheese together. Add the Jalapeno peppers, then mix in the cubed cheese. In a separate bowl whisk the eggs. Add the eggs to the flour mixture. Pour the butter into the flour mixture. Place the batter into a muffin top pan and bake at 350 for 10-12 minutes.

If you are using a Wilton Whoopie Pie Pan, the ingredients above should be multiplied by 1.5 to have enough batter to fill all of the indentations. Each biscuit has 3.1 grams net carbs and 232 calories.

This recipe originated from www.lowcarb360.com. See the website for additional nutritional information. A video of the process is available on youtube.com. Muffin top or Whoopie Pie pans are available through Amazon or can be found in the baking section at Hobby Lobby or Michaels.

This makes an excellent substitute for bread. If jalapenos are not preferred, bacon bits or crumbled sausage can be substituted. The bacon or sausage biscuits make a great breakfast biscuit that is low carb.

Jim Cashion