

Biscuits

(Whole 30, Paleo)

Shopping List:

Makes approximately 9-10 biscuits

- 1 cup almond flour
- 2/3 cup tapioca flour
- 1/2 cup coconut flour
- 1 tbsp ground flax seed & chia seed (optional)
- 2 tsp baking powder
- 1 tsp baking soda
- 1/4 tsp salt
- 5 tbsp coconut oil
- 1/2 cup coconut milk or almond milk
- 1 tsp lemon juice
- 2 eggs

Directions:

Preheat your oven to 400* F

Grease a cast iron skillet or a non-stick muffin pan with coconut oil. You may also use a non-stick baking sheet.

Combine all of the dry ingredients in a bowl. Then add in the coconut oil to the dry mixture. *I have used both melted coconut oil and a semi-solid coconut oil (not fully hardened) and both worked out great.

Separately add the coconut milk (or almond milk) with the lemon juice and allow to sit for a few minutes. Next, add in the eggs and whisk the mixture together.

Combine the wet ingredients with the flour mixture, stirring well. Allow the dough to sit for about five minutes so that the coconut flour absorbs the moisture.

Scoop out the dough in heaping spoonfuls onto the muffin pan cups, or drop them onto the baking sheet/cast iron skillet. You can shape the biscuits using the back of a spoon, a spatula, or your hands to make them into a biscuit shape.

Bake for 12-14 minutes, until the top of the biscuits are lightly golden. You may cool them on a plate or wire rack.