

## Cheddar Biscuits



### Ingredients:

4 eggs  
1/4 cup butter, melted  
1/4 teaspoon salt  
1/2 teaspoon garlic powder  
1/3 cup coconut flour, sifted (1 1/4 ounces)  
1/4 teaspoon baking powder  
4 ounces sharp cheddar cheese, shredded

### Directions:

1. Whisk together the eggs, butter, salt, and garlic powder.
2. Combine the coconut flour with the baking powder and whisk into the egg mixture until there are no lumps.
3. Fold in the cheese.
4. Drop the batter by spoonfuls onto a greased, rimmed baking sheet.
5. Keep the batter as mounded as you can so that they won't end up too flat when they spread during baking. I made mine in a muffin top pan and I recommend doing that if you have one.
6. Bake at 400° 15 minutes until as browned as you can get them without burning them.

### Nutrition Facts

Makes 6 biscuits and can be frozen  
Amount per serving:

<b>Calories</b>	218
<b>Total Carbs</b>	4 g
<b>Dietary Fiber</b>	2 g
<b>Total Fat</b>	18 g
<b>Protein</b>	10 g

### Additional Information

They crisp up nicely in the toaster oven the next day.