



Keto Buttermilk Biscuits

PREP: 1 hour

INGREDIENT LIST:

- 2 cups almond flour
- 2/3 cups buttermilk powder
- 2 tsp. xanthan gum
- 2 tsp. baking powder
- 1 tsp. baking soda
- 1/4 tsp. sea salt (I use pink Himalayan)
- 6 Tbsp. butter (frozen, then cut up or shredded)
- 4 Tbsp. buttermilk, yogurt, or sour cream – your choice
- 2 eggs

RECIPE INSTRUCTIONS:

1. Chop frozen butter into small pieces.
2. Mix dry ingredients (I personally like to food process the almond flour with the dry ingredients to get it as fine as possible).
3. Separate the eggs (yolks in one bowl, whites in another). Mix buttermilk with yolks. Whisk egg whites until stiff peaks form.
4. Add frozen butter to dry ingredients. Try not to touch the butter—use a spatula or gloves to keep the butter as cold as possible.
5. Mix until the dry ingredients form crumbles. Mix in the egg yolk/buttermilk mixture. Gently fold in the egg whites. Do not overmix.
6. Cover an appropriately sized baking sheet with parchment paper and shape the dough. I followed Nadia and formed a rectangle, keeping the depth high.
7. Put in the freezer to chill for 10-20 minutes.
8. Preheat oven to 410°F.
9. Take biscuits out of the freezer and cut them into squares.
10. Bake for 10 -12 minutes.
11. NOTE: I've found that sometimes, depending on the oven and location, it may take up to 15-18 minutes to bake. If more time is needed, cover with parchment paper.
12. Let rest for 5 minutes (I butter the tops because, you know – butter).

