

5-INGREDIENT CHEESY KETO BISCUITS



SHOPPING LIST

almond flour
cheddar cheese
eggs
garlic
baking powder
butter

Chef Steve

1 serving

5 minutes prep time

15 minutes cook time

INGREDIENTS

30 grams almond flour (1 oz.)

15 grams shredded cheddar cheese (1/2 oz.)

1 egg, whisked

1 clove garlic, minced

1/2 teaspoon baking powder

1 tablespoon butter

salt & pepper

DIRECTIONS

1. Heat oven to 395°F or 200°C
2. Melt the butter and minced garlic for 30 seconds in the microwave.
3. Once it's cooled, add in the egg and give it a good whisk.
4. Add in the cheddar cheese, baking powder, almond flour and season with salt and pepper.
5. Give everything a good mix.
6. Grease a ramekin with butter and pour in the biscuit batter.
7. Cook in a pre-heated oven at 200°C (395°F) for about 15 minutes
OR
cook for 90 seconds in the microwave on high.
8. Check at 10min with a toothpick and once that toothpick comes out clean, it's done.
9. Now allow it to cool for a bit before removing from the ramekin.
10. Serve alone or with your favorite dish.