

Breakfast Biscuits

9 ingredients · 20 minutes · 12 servings



Directions

1. Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. In a skillet over medium heat, add the sausage, peppers and onions. Cook until the sausage is browned and the peppers/onions are softened. Turn off the heat and set aside to cool.
3. In a large bowl, add the almond flour, baking powder, thyme and salt. Whisk to combine.
4. In a small bowl, add the eggs and whisk. Then add half of the cheese and stir to combine. Add the wet ingredients into the dry and then add the cooled sausage and peppers. Stir to combine until a sticky dough has formed.
5. Place roughly 3 tbsp of the mix onto the parchment-lined paper and press down gently to flatten. The mixture will be a little sticky. Repeat until the dough is used up. Top each biscuit with the remaining cheese.
6. Bake for 9 to 10 minutes or until the biscuits are cooked through and slightly browned on the bottom. Serve and enjoy!

Ingredients

- 1 lb Pork Sausage (casings removed)
- 2 Red Bell Pepper (chopped)
- 1 Sweet Onion
- 2 1/4 cups Almond Flour
- 2 tsps Baking Powder
- 1 tsp Dried Thyme
- 1 1/2 tsps Sea Salt
- 6 Egg
- 6 ozs Cheddar Cheese (shredded, divided)

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to two months.

Serving Size

One serving is two biscuit.

Nut-Free

Use gluten-free flour or brown rice flour instead of almond flour.

More Flavor

Add chili flakes or minced garlic.