

MAYA'S CHEDDAR BAY BISCUITS

By Dr. Cindy Tanzar
(Maintenance)

Makes 12 biscuits.



INGREDIENTS

From Wholesome Yum:

BISCUITS:

2 cups finely-sifted almond flour 2 tsp. baking powder
2 tsp. garlic powder
1/2 tsp. Pink Himalayan salt 1 large egg, whisked
1/3 cup heavy cream
1/3 cup (5-1/3 Tbsp) Kerry Gold butter, melted
1-1/2 cup shredded cheddar cheese

TOPPING:

3 Tbsp Kerry Gold butter, melted
1 Tbsp fresh parsley, finely chopped 1/4 tsp. garlic powder
1/8 tsp. Pink Himalayan salt



DIRECTIONS

Preheat the oven to 350°F. Line a baking sheet with parchment paper. In a large bowl, mix the almond flour, baking powder, garlic powder and salt. Stir in egg, heavy cream, melted butter until uniform. Fold in cheddar cheese.

Scoop dough (size of a cookie scoop) out onto the baking sheet, dividing equally (12 biscuits). Keep them 2-inches apart. Form into rounded biscuit shapes (flatten slightly), but keep rustic looking. Bake 12-16 minutes, until semi-firm and golden.

Cool 10 minutes without moving to firm up more. Stir together topping ingredients, then brush onto the biscuits.