

# Easy grain-free biscuits

They're the kind of biscuits that are not too moist, but not too dry; they soak up your butter, honey and jam to create a buttery, honey-ficated, jam-ified piece of heaven.

**Nutrients**      Healthy fat, Healthy fiber

**Courses**        Breakfast, Side

## Servings

6 BISCUITS

## Prep Time

15 MINUTES

## Cook Time

15 MINUTES

## Ingredients

- 2 Tbs                coconut flour
- 1.5 cups            almond flour
- 1/2 tsp               salt
- 1/2 tsp               baking soda
- 2 Tbs                butter or coconut oil, softened
- 2 medium            eggs
- 2 Tbs                maple syrup or honey

## Instructions

1. Preheat oven to 350 degrees F.  
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2. Combine dry ingredients (coconut flour, almond flour, salt, and baking soda) in a bowl and mix together well.  
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3. Combine wet ingredients (butter, eggs, maple syrup) in a separate bowl and mix well.  
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4. Combine wet and dry ingredients and allow them to sit for a minute.  
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5. Take scoops of dough (it will be slightly sticky) and form into patties approximately 2.5" in diameter and less than 1" thick (see photo).  
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6. Place patties on parchment paper on a cookie sheet with at least an inch of space in between each one. Bake at 350 degrees for 15 minutes, checking once to ensure bottoms aren't burning. (If they are, remove from oven. They're done.)