

Low Carb Biscuits/Sandwich Thins

Makes 4 Biscuits or 3 pairs of sandwich thins

Only 4 net carbs per biscuit. These freeze well and/or last a week in the fridge, so go ahead and make a double batch!

Ingredients

- 1 cup plus 2 Tbsp Almond Flour
- 1 tsp aluminum-free baking powder
- 1/2 tsp sea salt
- 1/2-1 tsp seasonings (optional)
- 2 Tbsp cold Grass Fed Butter
- 3/4 cup egg whites (from 5 large eggs)

Directions

1. Preheat oven to 400F
2. Mix first 3 ingredients together
3. Add butter and mix using pastry cutter or fork until the mixture is crumbly
4. Whisk egg whites until they are frothy, then mix them in with almond flour mixture until combined.
5. Place in the fridge for 15-20 minutes
6. Divide batter into 3 equal parts if making sandwich thins, or 4 equal parts if making biscuits.
7. Place batter into a silicon muffin-top pan, or a well-buttered muffin top pan. Or use a baking sheet lined with parchment paper. If using baking sheet, spread batter to diameter of about 4 inches
8. Bake in oven for 10-12 minutes. If using baking sheet, you can flip and bake additional 3-4 minutes to brown opposite side

Nutrition facts per biscuit based on 4 biscuits:

Calories - 244

Fat - 20 grams

Carbs - 7 grams

Fiber - 3 grams

Protein - 9 grams

Net carbs - 4

