

- Prep Time: 20 minutes
- Chill Time: 15 minutes
- Cook Time: 12-15 minutes
- Total Time: Approximately 50 minutes
- Oven Intensity: 400°F (200°C) — A high initial heat is crucial for the “oven spring” that helps these biscuits rise and develop a golden crust quickly.

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Ingredients

Dry Ingredients:

- 2 cups (200g) finely ground almond flour (blanched)
- 3 tablespoons (20g) coconut flour

- 1 tablespoon baking powder (fresh, for best rise)
- ½ teaspoon salt
- ½ teaspoon xanthan gum (optional, but recommended for structure)

Wet Ingredients:

- 1 large egg, cold
- ⅓ cup (80ml) heavy cream
- 1 teaspoon apple cider vinegar (to create a buttermilk substitute)
- 4 tablespoons (60g) unsalted butter, cold and cubed
- 2 tablespoons cold water (only if needed)

For Brushing:

- 1 tablespoon melted butter

☐☐ Instructions

Step 1: Prepare the “Buttermilk” (5 Minutes)

In a small bowl or measuring cup, stir the apple cider vinegar into the heavy cream. Let it sit for 5 minutes to thicken and curdle slightly. This acidity helps tenderize the dough .

Step 2: Mix the Dry Ingredients (2 Minutes)

In a large mixing bowl, whisk together the almond flour, coconut flour, baking powder, salt, and xanthan gum (if using). Ensure there are no lumps, as almond flour tends to clump.

Step 3: Cut in the Cold Butter (3 Minutes)

Add the cold, cubed butter to the dry mixture. Using a pastry cutter or a fork, work the butter into the flour until the mixture resembles coarse crumbs with some pea-sized butter pieces remaining. Intensity Note: Do not over-mix with your hands; the warmth of your hands will melt the butter, ruining the flaky layers.

Step 4: Combine Wet and Dry (2 Minutes)

Whisk the cold egg into the curdled cream mixture. Pour this into the dry ingredients. Stir with a spatula until a dough forms. If the dough feels very dry, add cold water one tablespoon at a time. The dough should be slightly sticky but manageable.

Step 5: Chill the Dough (15 Minutes)

Cover the bowl and refrigerate for 15 minutes. This step is critical for keto baking; it firms up the butter and hydrates the coconut flour, preventing the biscuits from spreading too much .

Step 6: Shape the Biscuits (5 Minutes)

Preheat your oven to 400°F (200°C) and line a baking sheet with parchment paper. Turn the dough out onto a piece of parchment paper. Pat it into a rectangle about 1-inch thick. For extra flaky layers, fold the dough in half once or twice gently. Cut out biscuits using a 2.5-inch biscuit cutter or a glass. Tip: Press straight down without twisting the cutter to ensure the biscuits rise evenly.

Step 7: Bake (12–15 Minutes)

Place the biscuits on the prepared sheet. Brush the tops with melted butter. Bake for 12–15

minutes until they are golden brown and firm to the touch. Visual Cue: Look for a deep golden color on the ridges; if they are pale, they may be underbaked and doughy in the center.

Step 8: Cool & Serve (5 Minutes)

Let the biscuits cool on the pan for 5 minutes before transferring them to a wire rack. Serve warm with extra butter or use them as a base for a keto breakfast sandwich.

Nutrition Information (Per Biscuit)

Based on a yield of 8 biscuits.

- Calories: 230 kcal
- Total Fat: 21g
- Saturated Fat: 8g
- Cholesterol: 55mg
- Sodium: 210mg
- Total Carbohydrates: 5g
- Dietary Fiber: 2g
- Total Sugars: 1g

- Net Carbs: 3g

- Protein: 6g