

Prep Time: 15 minutes

Cook Time: 12-15 minutes

Total Time: 30 minutes

Servings: 8 biscuits

Calories per Serving: ~210 kcal (Approximate)

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Ingredients

To achieve the perfect texture, we need a precise balance of low-carb flours and binders.

The Dry Ingredients:

- 1 ½ cups (150g) Super-fine Almond Flour: Use blanched, super-fine almond flour for the best texture. Regular almond meal will make the biscuits gritty.
- ¼ cup (30g) Coconut Flour: This is essential for structure. It is highly absorbent, so do not substitute it with more almond flour.
- 1 tbsp Baking Powder: Fresh baking powder is key for the rise. If your baking powder is older than 6 months, buy a new tin.

- ½ tsp Baking Soda: This reacts with the buttermilk to help the biscuits rise and brown.
- ½ tsp Sea Salt: Enhances the flavor.
- 1 tsp Xanthan Gum (Optional but Recommended): This helps bind the almond flour, preventing the biscuits from crumbling. If you omit it, the biscuits will be more fragile but still tasty.

The Wet Ingredients:

- 2 Large Eggs: Room temperature eggs blend better and help the biscuits rise.
- ½ cup (120ml) Buttermilk: If you don't have buttermilk, you can make a keto-friendly substitute by adding 1 tablespoon of lemon juice or white vinegar to ½ cup of heavy cream or unsweetened almond milk. Let it sit for 5 minutes.
- 4 tbsp (56g) Unsalted Butter: Melted and slightly cooled. You can also use cold, grated butter for a flakier texture, but melted is easier to mix.
- 1 tsp Apple Cider Vinegar: This adds a bit more tang and helps activate the baking soda.

For Finishing:

- 1 tbsp Melted Butter: For brushing the tops.

- Flaky Sea Salt: For sprinkling.
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Instructions

1. Preheat and Prep (Time: 5 minutes)

Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper or a silicone baking mat. Do not grease the pan; the parchment is sufficient.

2. Combine Dry Ingredients (Time: 2 minutes)

In a large mixing bowl, whisk together the almond flour, coconut flour, baking powder, baking soda, salt, and xanthan gum (if using). Ensure there are no lumps. Coconut flour tends to clump, so use your fingers to break them up.

3. Combine Wet Ingredients (Time: 3 minutes)

In a separate medium bowl, whisk the eggs vigorously until they are frothy. Add the buttermilk, melted butter, and apple cider vinegar. Whisk until fully combined.

4. Form the Dough (Time: 3 minutes)

Pour the wet ingredients into the dry ingredients. Stir with a spatula or wooden spoon until a cohesive dough forms. The dough will be slightly sticky but should hold together. Let the dough rest for 2–3 minutes. This allows the coconut flour to absorb the moisture. If the dough feels too wet, add 1 teaspoon of coconut flour at a time. If it feels too dry, add 1 teaspoon of buttermilk.

5. Shape the Biscuits (Time: 5 minutes)

Turn the dough out onto a piece of parchment paper. Place another piece of parchment on top and gently press or roll the dough to about 1-inch thickness. Do not roll it too thin, or you won't get tall biscuits.

Using a 2.5-inch biscuit cutter (or a glass), cut out the biscuits. Press straight down without twisting. Twisting seals the edges and prevents rising.

Gather the scraps, re-form the dough, and cut again. You should get 6–8 biscuits.

6. Bake (Time: 12–15 minutes)

Place the biscuits on the prepared baking sheet, leaving 2 inches between them. Brush the tops with melted butter.

Bake for 12–15 minutes, or until the tops are golden brown and the biscuits have risen. The internal temperature should read 200°F (93°C) if you have a thermometer.

7. Cool and Serve (Time: 5 minutes)

Remove from the oven and brush with a little more melted butter and a sprinkle of flaky sea salt. Let them cool on the pan for 5 minutes before transferring to a wire rack. Serve warm.

Recipe Notes and Tips

- **The Buttermilk Substitute:** If you are strictly keto and using heavy cream, the carb count will be slightly higher than using unsweetened almond milk. However, the heavy cream version tastes richer.
- **Cheese Variation:** Add ½ cup of shredded sharp cheddar cheese and ¼ cup of chopped chives to the dry ingredients for a savory Cheddar Bay Biscuit copycat.
- **Sweet Variation:** Add 1 tablespoon of granulated erythritol or monk fruit sweetener and ½ teaspoon of cinnamon to the dry mix for a sweet treat.
- **Storage:** Store in an airtight container in the fridge for up to 5 days. They can be reheated in the microwave for 15 seconds or in a toaster oven.

- Freezing: These freeze beautifully. Place cooled biscuits in a freezer bag. Reheat from frozen in a 350°F oven for 10 minutes.

Nutrition Information (Per Biscuit)

Disclaimer: Nutritional information is calculated using standard ingredients and is an estimate. Exact values depend on the specific brands you use.

- Calories: 210 kcal
- Total Fat: 18g
- Saturated Fat: 6g
- Cholesterol: 65mg
- Sodium: 280mg
- Total Carbohydrates: 6g
- Dietary Fiber: 3g
- Net Carbs: 3g

- Sugars: 1g

- Protein: 6g