



Ham and Cheese Scone/Biscuit/Cookie recipe!

INGREDIENTS:

1 cup Almond Flour
1/2 cup Coconut Flour
1 tsp. Baking Powder
1/4 tsp. Sea Salt
4 TBS. COLD Butter, cut into small pieces
3/4 cup Almond Milk
1 large organic free-range egg!
1/2 cup shredded Cheddar Cheese
1/4 cup diced Ham
2 Scallions, sliced thin

DIRECTIONS:

- 1) Preheat oven to 375°
- 2) Get out a small and medium sized mixing bowl
- 3) In the small bowl, combine the egg and milk
- 4) In the medium sized bowl, combine the 2 flours, baking powder, salt, and butter. Either using a pastry knife OR your fingers, mix the flours and butter together until butter is well distributed through the flour mixture.

- 5) Add in cheese, ham, and scallion to the flour mixture.
- 6) Add milk/egg mixture to the flour mixture and stir to combine. It get thicker as it sits.
- 7) On a parchment lined sheet of paper, place scoops of dough on a sheet pan. I got 12 'scones/biscuits/cookies out of this recipe. I rolled them in balls and then flattened them.
- 8) Bake until brown. I'd say at least 25 minutes.

The Nutritional Breakdown is as follows:

1 Serving = 1 Scone/Biscuit/Cookie

Calories: 173

Total Fat: 13.8g

Sat. Fat: 5.7g

Trans Fat: .3g

Cholesterol: 41.2mg

Sodium: 288.3mg

Total Carb: 5.4g

Dietary Fiber: 2.8g

Net Carb: 2.6g

Sugars: 1.1g

Protein: 7.8g