BISCUITS WITH KETO SAUSAGE GRAVY

Low-Carb Comfort Breakfast | WithOver-EasyEggs

HOMEMADE KETO BISCUITS

Yield: 8 biscuits

Ingredients

- 2 cups almond flour
- 2 tbsp coconut flour
- 1 tbsp baking powder
- ½ tsp xanthan gum
- ½ tsp salt
- 2 large eggs
- 4 tbsp cold unsalted butter, cubed (or ghee)
- ¼ cup full-fat sour cream
- 1 tsp apple cider vinegar (optional)

Instructions

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment. 2. Whisk almond flour, coconut flour, baking powder, xanthan gum and salt.

3. Cut cold butter into the dry ingredients until coarse crumbs form.

4. Beat eggs, sour cream and optional vinegar. Mix into dry ingredients to form a soft dough. If wet, add 1–2 tsp almond flour; if dry, add 1 tbsp sour cream.

5. Divide into 8 balls (about 2–3 tbsp each). Flatten to approximately 1 inch thick.

6. Optionally brush with melted butter. Bake 12–16 minutes until golden and set. Cool 5 minutes.

SIMPLE TIPS

- Keep biscuitbutter cold for the best texture.
- Add over-easy eggs when serving.
- For meal prep, refrigerate components separately and reheat before serving.

LOW-CARB GRAVY

Yield: Approximately 1cup; 4 servings of ¼ cup

Ingredients & Options

- 1 cup beef broth
- 2 tbsp pan drippings (or butter)
- ¼ tsp xanthan gum
- Salt, pepper and optional seasonings
- Browned ground sausage, for sausage gravy

Gravy Instructions

1. Warm the broth anddrippings (or butter).

2. Whisk in xanthan gum gradually to thicken. Glucomannan is another low-carb thickener option; quantities would need adjustment.

3. Add salt, pepper and desired seasonings. Stir and simmer until thickened.

4. For sausagegravy, stir inbrownedground sausage.

ESTIMATED NUTRITION

Per keto biscuit: 210calories | 19g fat | 6g protein | 5g total carbs | 3g fiber | ~2g net carbs

Per ¼ cup plain gravy: 35 calories | 3.5g fat | 1g protein | 0.5g carbs | 0g fiber | 0.5g net carbs

Nutrition for the gravy excludes added sausage. Actual values depend on ingredients and serving sizes.

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