



NUTRITION PER SERVING:

CALORIES	186
PROTEIN	6 G
CARBOHYDRATE	8 G
TOTAL FAT	14 G

PREP TIME:	15 MINUTES
COOK TIME:	15 MINUTES

YIELD:	8 SERVINGS
SERVING SIZE:	1 BISCUIT
SERVINGS:	8 BISCUITS

INGREDIENTS:

2 C	BLANCHED ALMOND FLOUR
2 C	FLAX MEAL
1 TSP	BAKING SODA
2 TSP	RAW HONEY, MELTED
½ CUP	COCONUT OIL, MELTED
8	EGG WHITES



EGG WHITE BISCUITS

- 01 Preheat the oven to 350 degrees F.
- 02 Lightly grease a baking sheet.
- 03 In a medium bowl combine the almond flour, flax meal and baking soda. Mix well and set aside.
- 04 Using an electric mixer, beat the egg whites until stiff peaks form.
- 05 Mix the honey and oil into the flax mixture, then quickly fold in the egg whites. Be careful not to over-mix the egg whites, so the fluffiness remains.
- 06 Use an ice cream scoop to drop mounds of the batter on prepared baking sheet.
- 07 Bake for 15 minutes, or until the tops are golden brown.

