



Healthy Keto with Jim Colbourne

MOVING TO AN HEALTHIER LIFESTYLE

Cheese Biscuits - Buns

2g NET Carbs (Low Carb Keto)

These Cheese Biscuits/Buns are as good as any Cheese Biscuits/Buns you have eaten. It's a perfect low carb keto snack. Absolutely Delicious!



9 Servings - Cal 97g / Fat 7g / Carbs 11g / Net Carbs 2g /
Protein 5g / Fiber 9g

INGREDIENTS

2 cups Carbquik
2oz Unsalted Butter
½ cup Shredded Cheddar Cheese
1 tsp Salt

1 tsp Garlic Powder
¼ cup Heavy Whipping Cream
¼ cup Water

Instructions:

1. Add Carbquik and butter to mixing bowl. Cut butter into small cubes. Add salt and garlic powder to bowl and mix together until butter is blended into the mixture. There will still be small pieces of butter throughout the batter but that's all good.
2. Add cheese to the mixing bowl and mix together.
3. Add water and whipping cream together and add to mixing bowl. Mix together until all is blended together into a ball.
4. Roll dough out into a log, cut into 9 even sections. Place on baking sheet or muffin pan. Bake on 450F for 7-8mins.
5. Remove and let cool. Enjoy!