

## Coconut Flour Biscuits Recipe

**prep:** 5 mins | **cook:** 15 mins | **total:** 20 mins

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**yield:** 8 biscuits

Sometimes you just need a biscuit. These versatile coconut ones are grain free and dairy optional.



### Ingredients

- ½ cup coconut flour
- 5 TBSP butter or coconut oil, softened but not melted
- 4 eggs
- ~~2 TBSP honey (optional)~~
- ½ tsp sea salt
- ½ tsp baking powder

### Instructions

1. Preheat oven to 400 degrees F.
2. Put all ingredients into medium sized bowl and mix well with immersion blender or hand mixer until well incorporated.
3. Using your hands, carefully form into eight small balls and gently flatten with a spoon to make it about 1/2 inch thick.
4. Bake for 12-15 minutes until just starting to brown.

### Notes

The texture of coconut flour and its ability to absorb moisture can vary by brand. When making these the first time, add the coconut oil little by little until the consistency seems right.

**cuisine:** american

**Nutrition Facts**

Serving Size 1 biscuit

Amount Per Serving

**Calories** 171

	% Daily Value
<b>Total Fat</b> 10.9 g	17%
Saturated Fat 6.2 g	31%
<b>Cholesterol</b> 101 mg	34%
<b>Sodium</b> 230 mg	10%
<b>Total Carbohydrates</b> 14.7 g	5%
Dietary Fiber 6 g	24%
Sugars 4.5 g	
<b>Protein</b> 4.9 g	10%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Recipe by Wellness Mama® at <https://wellnessmama.com/2233/coconut-flour-biscuits/>