

RECIPE



These Gluten and Dairy-Free Biscuits are light, flaky, and perfect for those with food sensitivities. Made with wholesome, nutrient-rich ingredients, they're a healthy twist on a classic comfort food.

Gluten and Dairy Free Biscuits

Yield: 6-9 biscuits

Ingredients

- 1 cup gluten and dairy free all-purpose flour
- 1 cup pumpkin seeds flour
- 2 Tbsp. nutritional yeast
- 1 Tbs. baking powder
- ¾ Tbsp. monkfruit sugar
- 1 tsp. salt
- 6 Tbsp. grass fed unsalted butter, very cold into small pieces (3oz)
- ½ cup very cold almond milk
- 1 egg

Instructions:

For best results, chill your butter in the freezer for 10-20 minutes before beginning this recipe. It's ideal that the butter is very cold for light, flaky, buttery biscuits.

Preheat oven to 425F and line a cookie sheet with nonstick parchment paper. Set aside.

Combine flours, nutritional yeast, baking powder, sugar, and salt in a large bowl and mix well. Set aside.

Yours to Artful Eating,

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Add the butter to the flour mixture and stir with a pastry cutter or a wooden spatula until the mixture resembles coarse crumbs. Add milk and egg, use a wooden spoon or spatula to stir until combined (don't over-work the dough).

Transfer your biscuit dough to a well-floured surface and use your hands to gently work the dough together. If the dough is too sticky, add flour until it is manageable.

Once the dough is unified, fold in half over itself and use your hands to gently flatten layers together. Rotate the dough 90 degrees and fold in half again, repeating this step 5-6 times but taking care to not overwork the dough.

Use your hands (do not use a rolling pin) to flatten the dough to 1" thick and lightly dust a 2 ¾" round biscuit cutter with flour. Making close cuts, press the biscuit cutter straight down into the dough and drop the biscuit onto your prepared baking sheet.

Repeat until you have gotten as many biscuits as possible and place less than ½" apart on baking sheet. Once you have gotten as many biscuits as possible out of the dough, gently re-work the dough to get out another biscuit or two until you have at least 6 biscuits.

Bake on 425F for 12 minutes or until tops are beginning to just turn lightly golden brown.

If desired, brush with melted salted butter immediately after removing from oven. Serve warm and enjoy.

Health Benefits of this Recipe:

- **Gluten-Free:** Uses combination of flours making it suitable for those with gluten intolerance or celiac disease.
- **Dairy-Free:** Replaces traditional dairy with almond milk, supporting those with lactose intolerance or dairy sensitivity.
- **High in Nutrients:** Pumpkin seed flour and nutritional yeast offer a boost of protein, healthy fats, B vitamins, and minerals like zinc and magnesium.
- **Lower Glycemic Impact:** Sweetened with monkfruit sugar, which doesn't spike blood sugar levels.
- **Heart-Healthy Fats:** Almond milk and pumpkin seed flour contribute beneficial unsaturated fats.

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