



jalapeño cheddar biscuits /

organic ingredients

½ cup pasture butter

8 eggs

½ tsp Celtic sea salt

½ cup minced onion

2 tbsp pickled jalapeños, minced

1 Tbsp goat's yogurt (optional)

2/3-cup coconut flour

1 1/3 cup shredded cheddar cheese

or vegan alternative

Preheat oven to 400 degrees Fahrenheit.

Grease a cookie sheet with macadamia or coconut oil.

Combine butter, eggs, salt, onion, jalapeño's and optional yogurt and mix together thoroughly.

Add coconut flour and beat with a spoon until smooth.

Mix in cheese and drop by large tablespoons onto greased cookie sheet.

Bake for 15 minutes.

Gluten free, vegetarian, high in vitamin A, chromium, and loaded with polyphenols, one of the largest categories of phytonutrients in food.