

Cheesy Herb Biscuits

Created by Kristy Regan for the NCNM SIBO Lab

This recipe is adapted from [Empowered Sustenance](#). Makes 8 medium biscuits. The recipe can easily be doubled or tripled. These biscuits freeze well and can be reheated in the oven.

Ingredients:

- 6 T coconut flour
- 5 T ghee or coconut oil
- 1 T garlic oil
- 2 eggs
- 2 T 24 hour yogurt or additive free coconut milk
- 1 T fresh chopped herbs OR 3/4 t dried herbs
- 1 cup freshly shredded cheddar cheese (aged 30+ days) (optional)
- 1/4 t baking soda
- 1/2 tsp. apple cider vinegar

Instructions:

1. Line a baking sheet with parchment paper.
2. Mix together the coconut flour, ghee/oils, eggs, yogurt/coconut milk, and herbs.
3. Let sit for five minutes to thicken. Stir in shredded cheese.
4. Add the baking soda and vinegar and mix well.
5. Shape a small handful into a round biscuit and add to cookie sheet.
6. Bake for 12-15 minutes, until golden brown.
7. Cool 10 minutes before serving.