

Biscuits and Sausage Gravy

HolisticQ Signature Recipe

Here is the perfect way to enjoy your biscuits and gravy... Totally Guilt Free! They might just be the best you've ever eaten!

Make the Biscuits! This recipe makes 6 large biscuits and is easily doubled for 12.

¾ cup Almond flour
¾ cup Coconut flour
1 tsp baking powder
2 Tbs coconut oil (not melted)
6 egg whites (we use egg whites from a carton)

Preheat oven to 400°F. Line baking sheet with parchment paper. Mix together almond flour, coconut flour and baking powder. Add coconut oil to the flour and use your hands to work it together until crumbly. Fold the whites into your flour mixture. Scoop the mixture onto the baking sheet using an ice cream scoop or ¼ cup measure. Bake for 20 minutes or until golden brown!

Make the Gravy!

1.5 lbs. pork breakfast sausage
1/2 cup flour (we use spelt, but)
1 quart whole milk
1 tsp salt
1 tsp black pepper
(remember the sausage has plenty of spices so resist the urge to add more spices)

In a large skillet completely brown and crumble the sausage and **do not** drain the fat. Incorporate the flour with the sausage over low heat until completely combined with no clumps. Increase the heat to medium high and slowly pour over the sausage the entire quart of milk. Mix well. Cook until thickened and bubbly stirring regularly. **DO NOT LEAVE THE GRAVY UNATTENDED!** When you are satisfied with the consistency, remove from heat and cover until served.