

Cleaned up Biscuits & Organic Sausage Gravy

HolisticQ signature recipe

Well, well... here is the perfect way to have your biscuits and gravy...guilt free! They might just be the best you've ever eaten!

Our "cleaned up biscuits" paired with an organic sausage gravy will knock your socks off! We doubled the biscuit recipe for 12 large biscuits.

Cleaned up Biscuits

¾ cup Almond flour
¼ cup coconut flour
1 tsp baking powder
2 Tbs coconut oil (not melted)
6 egg whites

Preheat oven to 400°F. Line baking sheet with parchment paper. Mix together almond flour, coconut flour and baking powder. Add coconut oil and use your hands to work it together 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!

Ingredients all organic:

1.5 lbs. pork breakfast sausage
1/2 cup spelt flour ([is Spelt gluten free?](#))
1 quart whole milk ([never buy low-fat 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 spelt 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. 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.