



HIGH PROTEIN “BUFF” BISCUITS

Protein-Packed / Low-Carb / Keto-Friendly / Gluten-Free

Recipe by @rhythm.kitchen and
Featured on MariGoldFoods.com

INGREDIENTS:

- 1/4 cup MariGold Grass-Fed Whey Isolate Protein Powder
- 1/2 cup coconut flour
- 1 tsp baking powder
- 2 eggs
- 1/2 cup nut milk
- 2 tbsp cold butter, diced (optional)
- Maldon salt for topping

DIRECTIONS:

1. Whisk together nut milk and eggs.
2. In a separate bowl, combine all dry ingredients.
3. Mix together wet and dry ingredients, along with butter if using.
4. Form 4 discs of dough and place on a parchment lined baking sheet. Sprinkle with salt.
5. Bake at 375°F for 15-18 minutes or until golden.
6. Serve with eggs & creamy cheese.



Featuring MariGold
Unflavored Whey Isolate
Protein Powder
(MariGoldFoods.com)

