



Ashley's Meal Prep Monday!



Easy Biscuits *dairy/gluten free*

INGREDIENTS

2 cups gluten free all purpose flour - sub regular
3/4 cup unsweetend almond milk
2 TBSP honey
2 TSP coconut sugar
1 TBSP baking powder
1/2 cup coconut oil



Preheat oven to 350. Add all of the ingredients except for the coconut oil in a large bowl. Mix until completely formed. Then add in the solid coconut oil and mix until combined. *I kneaded the dough a bit just to make sure the oil was mixed in well.*

Pull a part and shape biscuits, place on a cookie sheet with parchment paper. Bake for 16-ish minutes, or until slightly golden brown.

These babies are pretty universal. Melt some butter or ghee on top, drizzle with honey or jam, even use for biscuits and gravy. The possibilities are endless!

Quick, easy and delicious!

Recipe: @alittlemorebalanced

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