

Ashley's Meal Prep Monday!

Cheesy Zucchini Drop Biscuits

INGREDIENTS

1 ½ cups GF flour
1 cup grated zucchini,
squeezed dry of
moisture
3 TBSP nutritional
yeast
1 ½ TSP baking powder
½ TSP salt
½ TSP garlic powder
¼ cup melted coconut
oil
¾ cup oat or almond
milk

Preheat oven to 400 and line a baking sheet with parchment paper.

Mix flour, nutritional yeast, baking powder, salt and garlic powder in a large bowl. Add in melted coconut oil, milk, and zucchini. Mix until a thick dough forms, do not overmix.

Scoop portions with a spoon or cookie scoop and drop rounded mounds onto the prepared baking sheet.

Bake in the oven for 15-18 minutes, until the edges turn golden brown. *You can also melt some butter and do a wash on top, with added sea salt before baking.

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