

Biscuits & Gravy



COURSE

Breakfast, Dinner, Lunch, Snack



SERVINGS

7 serving

CALORIES

472 kcal

INGREDIENTS

Biscuits Ingredients:

- 1 $\frac{1}{4}$ c Kite Hill Greek Yogurt for soy-free, sub a different plant-based yogurt
- 2 c oat or whole wheat flour for gluten-free, use oat flour
- 1 Tbsp baking powder
- $\frac{1}{2}$ tsp baking soda
- $\frac{1}{2}$ tsp salt

Easy Sausage Ingredients:

Wet Ingredients

- 2 c water
- $\frac{1}{2}$ c low sodium soy sauce for soy-free, use coconut aminos
- 2 Tbsp maple syrup
- 2 tsp liquid smoke
- 1 tsp blackstrap molasses

Dry Ingredients

- 2 c textured vegetable protein (TVP) for soy-free, use textured pea protein
- $\frac{1}{2}$ c nutritional yeast
- 1 Tbsp garlic powder
- 2 tsp ground sage
- 2 tsp ground fennel

- 1 tsp black pepper
- ½ tsp cayenne pepper

Gravy Ingredients:

- ⅓ c vegan butter
- ⅓ c oat or whole wheat flour for gluten-free, use oat flour
- 3 ½ c unsweetened soymilk for soy-free, use other plant-based milk
- ⅓ tsp salt or to taste
- ⅓ tsp pepper
- optional add-ins: smoked paprika, sage, thyme, etc.

INSTRUCTIONS

Biscuits Instructions:

1. Preheat oven to 400°. Prepare a baking sheet with parchment paper, a silicon mat, or a light coat of cooking spray.
2. Combine flour, baking powder, baking soda, and salt.
3. Add vegan Greek yogurt. Fold in until all the dry ingredients are incorporated. Add a Tbsp or two of non-dairy milk if you need to.
4. Using a large spoon (or two!) place your 7 biscuits on the prepared baking pan.
5. Bake until golden brown—about 12-15 minutes.

Sausage Instructions:

1. Whisk all of the wet ingredients together in a medium saucepan and bring to a boil.
2. While waiting for the wet mixture to boil, add the dry ingredients to a small bowl and mix them together.
3. Once the liquid begins to boil lower the heat and add the dry ingredients and stir until all of the ingredients are completely incorporated. Turn off the heat and let the TVP sit for 5-10 minutes until all of the moisture is absorbed.
4. Preheat a nonstick skillet over medium heat and cook the crumbles for about 5 minutes while occasionally stirring.
5. Makes 7 servings. 118 calories, 15.2c, .4f, 14.9p

Gravy Instructions:

1. In a saucepan, melt vegan butter on low heat.
2. Whisk in flour. Let cook for 1 minute until golden brown.
3. Slowly whisk in milk, salt, and pepper. Simmer on low while whisking. As soon as it starts to thicken, take it off the heat

NUTRITION

Nutrition Facts

Biscuits & Gravy

Amount Per Serving (1 g)	
Calories 472	Calories from Fat 144
% Daily Value*	
Fat 16g	25%
Carbohydrates 54g	18%
Protein 32g	64%

* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD

gluten free, soy-free

Tried this recipe?

Let us know how it was!