

YIELD: 12 BISCUITS

**PREP TIME**    **COOK TIME**

10 minutes    15 minutes

**TOTAL TIME**

25 minutes



## INGREDIENTS

- 1 cup heavy whipping cream
- 1 teaspoon sour cream
- 2 eggs
- 3 tablespoons butter, melted
- 1 tablespoon preferred sweetener (\*see notes)
- 1 cup lupin flour
- 1/2 teaspoon xantham gum
- 1 teaspoon baking powder
- 1 tablespoon butter, cold

## INSTRUCTIONS

1. Preheat oven to 400F.
2. Melt 3 tablespoons of butter. While butter is melting add heavy whipping cream, sour cream and eggs to a large mixing bowl. Mix well.
3. Pour in melted butter and combine.
4. Add dry ingredients and mix until combined.
5. Place batter into muffin cups, filling approximately halfway.
6. Add a sliver of butter to the top of each biscuit.
7. Bake for 15 minutes. Remove from heat promptly.

## NOTES

\*For this recipe, I used Steviva Blends sweetener. Since the sweetener equivalent is 2:1, I only used 1/2 tablespoon.

Nutritional information provided for recipes is a courtesy to my readers. I do my best to be as accurate as possible, but you should do your own nutrition information calculations. I expressly disclaim any and all liability of any kind with respect to any act or omission wholly or in part in reliance on anything contained in this website.

The erythritol from the sweetener was not calculated into the carb count.

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NUTRITION INFORMATION: YIELD: 12 SERVING SIZE: 1

*Amount Per Serving:* CALORIES: 142 TOTAL FAT: 12.9g

SATURATED FAT: 7.4g CHOLESTEROL: 69mg SODIUM: 88mg

CARBOHYDRATES: 4.8g FIBER: 3.6g SUGAR: 1g PROTEIN: 5.5g

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**CUISINE:** Low Carb / **CATEGORY:** Side Dishes

<https://lowcarbdelish.com/keto-lupin-flour-biscuits/>

