

Breakfast Protein Biscuits

A savoury breakfast you can meal prep! These **Protein Biscuits** are easy to make and customizable with your favorite cheeses, meats and veggies.

Prep Time	Cook Time	Total Time
30 mins	25 mins	55 mins

Course: Breakfast Cuisine: American

Keyword: Breakfast, high protein, meal prep Servings: 12 biscuits



4.89 from 169 votes

Ingredients

For the base biscuit:

- 1 + $\frac{3}{4}$ cups plain 2% Greek yogurt
- 4 eggs
- 2 + $\frac{1}{2}$ cups all purpose flour
- $\frac{1}{4}$ cup ground flaxseed
- 1 teaspoon garlic powder
- $\frac{1}{2}$ teaspoon red pepper flakes
- 1 tablespoon baking powder
- 2 teaspoon salt

Ham, Cheese & Chive (the original variation)

- 1.5 cups spinach chopped
- $\frac{1}{2}$ cup chives finely diced
- 1.5 cups cheddar cheese shredded, divided
- 2 cups cooked ham diced

Instructions

1. Preheat the oven 400F and line a baking tray with parchment paper.
2. In a medium mixing bowl whisk together greek yogurt and eggs. In a separate medium mixing bowl, combine flour, ground flax seed, garlic powder, red pepper flakes, baking powder and salt.
3. Slowly add the dry ingredients into the wet ingredients, mixing well.
4. Add mix-ins including vegetables, herbs and cooked meat along with 1 cup of the cheese and the ham. Mix until the ingredients are fully combined (you may need to use your hands to ensure everything is fully incorporated.)
5. Lightly flour your hands and divide the dough into 12 even-sized 1-inch thick round disk shaped biscuits (about $\frac{1}{3}$ cup of batter in each). Arrange the biscuits on the prepared baking tray (please note depending on the size of your tray you may need to use 2 trays to ensure the biscuits are evenly spaced). Sprinkle the tops with the remaining cheese.
6. Bake at 400F for 5 minutes, decrease the temperature to 350F and bake for an additional 20 minutes (do not open the oven in between). Once the bottom of the biscuits are golden brown and the tops are just beginning to brown, your biscuits are done!

Notes

PLEASE NOTE: these are a denser biscuit than a traditional flakey biscuit. Due to the lack of butter and fat, these will be a heartier, more filling biscuit perfect for an easy to grab breakfast

for busy mornings!

*Ground flax seed can be replaced with an additional ¼ cup of flour, though this will alter the protein content.

** if you are substituting any other meat please ensure it is cooked prior to adding it to the batter!

*I have included an estimation of the nutrition information for this recipe below. However, always remember a recipe is so much more than just nutritional content and these numbers do not need to dictate your food choices. Please don't forget that both your body and soul need nourishment! The owner of this website is not liable for this estimation. (the nutrition information is calculated based on the ORIGINAL variation)

Nutrition

Serving: 1 biscuit | Calories: 247kcal | Carbohydrates: 23g | Protein: 15g | Fat: 10g | Saturated Fat: 4g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 2g | Trans Fat: 0.01g | Cholesterol: 84mg | Sodium: 844mg | Potassium: 170mg | Fiber: 2g | Sugar: 2g | Vitamin A: 689IU | Vitamin C: 6mg | Calcium: 225mg | Iron: 2mg



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