



## LOW-CARB SOURDOUGH BLUEBERRY BISCUITS

Collagen-Rich / Low Carb / Keto-Friendly

Recipe by Debbie (@deb.makes.lowcarb.delish) and

Featured on MariGoldFoods.com

*"Bake the best of both worlds: low-carb goodness meets the gut-friendly benefits of sourdough in these nutrient-packed blueberry biscuits! With added collagen to support healthy skin, joints, and more."*

- @deb.makes.lowcarb.delish

### INGREDIENTS (6-8 Biscuits):

- 1 cup almond flour
- 2 Tbsp oat fiber
- 2 Tbsp MariGold Unflavored Collagen Peptides
- 1 Tbsp flaxseed meal
- 1 tsp baking powder
- 1/4 tsp baking soda
- 1/4 tsp salt
- 1/4 cup butter, chilled and cubed
- 1/4 cup regular sourdough starter (active)
- 1/4 cup unsweetened almond milk (or your preferred low-carb milk)
- 2 Tbsp sweetener (monkfruit)
- 1/2 tsp vanilla extract
- 1/2 cup fresh or frozen blueberries

### DIRECTIONS

1. Preheat your oven to 375°F. Line a baking sheet with parchment paper.
2. In a large bowl, whisk together the almond flour, coconut flour, oat fiber, collagen, flaxseed meal, sweetener, baking powder, baking soda, and salt.
3. Add the chilled, cubed butter to the dry ingredients. Use a pastry cutter or your fingers to work the butter into the flour mixture until it resembles coarse crumbs.
4. In a separate bowl, mix the sourdough starter, almond milk, and vanilla extract until well combined.
5. Gradually add the wet ingredients to the dry ingredients, mixing until a dough forms. Be careful not to overmix. Gently fold in the blueberries.
6. Scoop the dough onto the prepared baking sheet, forming 6-8 biscuits.
7. Bake for 13-15 minutes, or until the biscuits are golden brown and set.
8. Allow the biscuits to cool on the baking sheet for a few minutes before transferring to a wire rack. Serve warm or at room temperature.



Featuring MariGold  
Grass-Fed Unflavored  
Collagen Peptides  
(MariGoldFoods.com)



**For 8 Biscuits (provided by @ deb.makes.lowcarb.delish):** Calories: 49.5, Carbohydrates: 2.29 g, Protein: 5.18 g, Fat: 2.24 g, Fiber: 0.79 g, Net Carbs: 1.5g