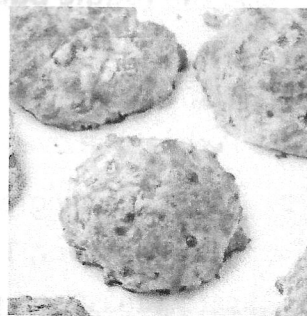


# Gluten-Free Cottage Cheese Breakfast Biscuits



These savory gluten-free cottage cheese biscuits are tender, satisfying, and perfect for grab-and-go breakfasts or hosting brunch. Choose from three delicious variations: Ham & Cheddar, Sun-Dried Tomato & Feta, or Sausage & Pepper Jack.



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Prep Time  
10 minutes

Cook Time  
25 minutes

Total Time  
35 minutes

Servings  
18 muffins

## Ingredients

### Base (for all versions):

- 1 ½ cups (210g) gluten-free all-purpose flour blend with xanthan gum - I used Bob's Red Mill 1-to-1 Gluten-Free Baking Flour in the blue bag
- 1 cup (105g) almond flour
- 1 tablespoon baking powder
- 1 teaspoon kosher salt
- 1 teaspoon garlic powder
- ½ teaspoon ground black pepper - optional – skip for feta version
- 2 cups (450g) cottage cheese
- 4 large eggs - 200g

### Ham & Cheddar Variation:

- 1 ½ cups (168g) shredded sharp cheddar cheese
- 8 oz ham steak - diced small
- 1 green bell pepper - chopped
- 4 green onions - sliced

### Sun-Dried Tomato & Feta Variation:

- 1 ½ cups (168g) crumbled feta cheese
- 1 cup (163g) chopped sun-dried tomatoes - oil-packed, drained or rehydrated if dry
- 1 cup (40g) lightly packed chopped fresh spinach

### Sausage & Pepper Jack Variation:

- 1 ½ cups (168g) shredded pepper jack cheese
- 1 lb pork breakfast sausage - fully cooked and crumbled
- 1 green bell pepper - chopped
- 4 green onions - sliced

**\*\*Use the toggle button above to turn the instruction photos on and off!**

## Instructions

- 1 Preheat the oven to 400°F (200°C). Line a large baking sheet with parchment paper and set aside.
- 2 Mix the dry ingredients. In a large bowl, whisk together 1 ½ cups (210 g) **gluten-free all-purpose flour**, 1 cup (105 g) **almond flour**, 1 tablespoon **baking powder**, 1 teaspoon **kosher salt**, 1 teaspoon **garlic powder**, and ½ teaspoon **black pepper** (if using) until evenly combined.
- 3 Add 2 cups (450 g) **cottage cheese**, 4 **large eggs** (200 g), and whatever **cheese** you're using. Whisk until smooth and well blended.
- 4 Stir until a thick, slightly sticky dough forms.
- 5 Add the rest of your mix-ins. Gently fold in the ingredients for your chosen variation (**protein** and **vegetables**).
- 6 Scoop and portion. Use a large cookie scoop or ¼ cup measure to portion the dough onto the prepared baking sheet, spacing each biscuit about 2 inches apart.
- 7 Bake. Bake for 22–25 minutes, or until the biscuits are golden brown on top and set in the center.
- 8 Cool and serve. Let the biscuits cool on the baking sheet for 5 minutes, then transfer to a wire rack. Serve warm, or cool completely before freezing for later.

## Notes

- **Nutrition Information:** Nutritional data is an estimate calculated using an online nutrition calculator and is based on the Ham & Cheddar variation of this recipe. Actual values may vary depending on specific ingredients, brands, and portion sizes used.
- **Gluten-Free Reminder:** Always double-check that each ingredient you use is gluten-free. If you're serving someone with celiac disease, check labels carefully and take precautions to prevent cross-contact in your kitchen.
- **Storage & Reheating:** Store cooled biscuits in an airtight container in the refrigerator for up to 4 days. For longer storage, freeze the biscuits in a single layer until firm, then transfer to a freezer-safe bag or container for up to 3 months. Reheat in a 350°F (175°C) oven for 8–10 minutes, or until warmed through — they'll taste freshly baked again.

## Nutrition

Calories: 163kcal | Carbohydrates: 11g | Protein: 11g | Fat: 9g | Saturated Fat: 3g | Polyunsaturated Fat: 0.5g | Monounsaturated Fat: 2g | Trans Fat: 0.004g | Cholesterol: 55mg | Sodium: 439mg | Potassium: 175mg | Fiber: 2g | Sugar: 1g | Vitamin A: 231IU | Vitamin C: 10mg | Calcium: 144mg | Iron: 1mg