

Crack Biscuit

THM-Friendly: S

- 2 oz. cream cheese (1/3 less fat)
- 1/2 cup cottage cheese low-fat, strained (watch the video to find out how)
- 1 and 1/2 cups mozzarella cheese, skim and shredded
- 3/4 cup cheddar cheese
- 3 eggs
- 3/4 cup almond flour
- 3/4 cup THM Baking Blend
- 1/2 cup bacon, crispy and crumbled
- 2 Tbsp. Rhonda's Ranch Dry Mix
- 2 tsp. baking powder



Add cheeses to a bowl, mix together, and microwave for 45 seconds. Take out and stir together, if there are still small chunks microwave for 15-25 more seconds. You want it to be melted but not OVERcooked.

After your cheese is melted (and HOT, please be CAREFUL!), add eggs one at a time stirring quickly in between. Then add the rest of the ingredients. Stir it up!

Plop in small balls onto a lightly sprayed baking dish, to fill the pan, so place them next to each other. Put cling wrap over the baking dish and refrigerate for 30 minutes.

A few minutes before the 30 minutes is up preheat the oven to 425° for 30 minutes.

After baking, pair with a sausage patty and an egg!!

enJOY!

