

*Get ready to gobble up some turkey-tastic protein breakfast biscuits, packing a whopping 20g of protein per biscuit! Best of all, they're gluten-free, dairy-free, and grain-free.*

**Servings: 12 Prep: 5 MIN Cook time: 15 MIN**

## Ingredients

- 1 lb ground pork or ground turkey or chicken
- 6 eggs, beaten
- 1 cup greek yogurt
- 1 red bell pepper, diced
- ½ yellow onion, diced
- 1 + ½ cups almond flour
- ½ cup coconut flour
- ¼ cup nutritional yeast
- 2 tsp baking powder
- 1 tsp salt
- 1 tsp garlic powder
- ½ tsp black pepper
- ½ tsp Italian seasoning or thyme



## Directions

1. Preheat oven to 400 degrees and line a baking sheet with parchment paper.
2. To a medium skillet, heat oil over medium heat and sauté onion and peppers for about 5 minutes. Move sauté veggies to the side and add turkey sausage to the center, crumbling the meat. Let cook, stirring and crumbling meat until meat is completely browned, for about 10 minutes. Turn heat off and let mixture cool.
3. In a large mixing bowl, whisk together eggs and yogurt. Add in turkey mixture and incorporate. Add in the rest of the dry ingredients: almond and coconut flour, nutritional yeast, baking powder, and seasonings using a spatula until combined.
4. Using ¼ - ½ cup or large cookie scoop, make 12 evenly sized balls and place them on the sheet pan. Place in the oven for 12-16 minutes until slightly browned all over.
5. Remove from the oven and let cool completely before storing in an airtight container in the fridge for up to 5 days.

## Notes

- If you can tolerate dairy, you can sub nutritional yeast for 1 cup of cheese and top each biscuit, before going into the oven, with shredded cheese if desired.
- Nutrition: Calories per biscuit: 192 | Total fat: 11g | Total carb: 8g | Dietary fiber: 4g | Sugar: 2g | Protein: 17g (nutritional facts will vary)