

# Fitness Aspects

For the Body & Mind



## NUTRITION PER SERVING:

<b>CALORIES</b>	186
<b>PROTEIN</b>	6 G
<b>CARBOHYDRATE</b>	8 G
<b>TOTAL FAT</b>	14 G

<b>PREP TIME:</b>	15 MINUTES
<b>COOK TIME:</b>	15 MINUTES

<b>YIELD:</b>	8 SERVINGS
<b>SERVING SIZE:</b>	1 BISCUIT
<b>SERVINGS:</b>	8 BISCUITS

## INGREDIENTS:

<b>2 C</b>	BLANCHED ALMOND FLOUR
<b>2 C</b>	FLAX MEAL
<b>1 TSP</b>	BAKING SODA
<b>2 TSP</b>	RAW HONEY, MELTED
<b>½ CUP</b>	COCONUT OIL, MELTED
<b>8</b>	EGG WHITES

## EGG WHITE BISCUITS

- 01 Preheat the oven to 350 degrees F.
- 02 Lightly grease a baking sheet.
- 03 In a medium bowl combine the almond flour, flax meal and baking soda. Mix well and set aside.
- 04 Using an electric mixer, beat the egg whites until stiff peaks form.
- 05 Mix the honey and oil into the flax mixture, then quickly fold in the egg whites. Be careful not to over-mix the egg whites, so the fluffiness remains.
- 06 Use an ice cream scoop to drop mounds of the batter on prepared baking sheet.
- 07 Bake for 15 minutes, or until the tops are golden brown.

