

Biscuits and Garvey GFCF

Serves 4

Biscuits

1 ½ cups flour blend (plus additional may need additional ¾ cup)
1 T Yeast
1 t xanthum gum
1 t dough enhancer
½ t baking soda
¼ cup veg oil
1 T sugar
1 t baking Powder
½ cup almond milk warm
½ T lemon juice
¼ cup water, warm



Mix ¾ cup flour with rest of ingredients. Mix in rest of flour with wooden spoon to form a soft dough. Will probably need ½ to ¾ cup more of flour mix.. Knead for 4-6 min. Cover and let rest 10 min
Preheat oven to 400 degrees

Roll out to biscuit thickness does not raise much. Spray pan and place on cookie sheet (Makes approx 12 biscuits) Bake 15 to 18 min

Sausage Gravy

1 lb sausage
1 1/2 cups soy milk
3/4 Cup almond milk
4 T cornstarch
½ t salt
¾ t pepper

Brown sausage in the pan. Heat milk. Mix in cornstarch and seasoning. Stir until thickened.

<http://www.lincolntent.com/GFCF-Breakfast.html>