



Bacon & Cheddar Protein Biscuits



1/2 of recipe (1 biscuit): 190 calories, 4g total fat (2.5g sat. fat), 710mg sodium, 24.5g carbs, <0.5g fiber, 2g sugars, 12.5g protein

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Prep: 10 minutes **Cook:** 15 minutes



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Ingredients

- 1/2 cup low-fat cottage cheese
- 1/2 cup self-rising flour
- 3 tbsp. reduced-fat shredded cheddar cheese, divided
- 1 tbsp. precooked crumbled bacon

Directions

In a large bowl, combine cottage cheese with flour. Mix until dough forms. Fold in 2 tbsp. shredded cheese and bacon. Shape dough into two biscuits. Top with remaining 1 tbsp. cheese.

Spray an air fryer with non-aerosol nonstick spray. Place biscuits in the air fryer, and spray them with nonstick spray.

Set air fryer to 360°F. Cook until golden brown and cooked through, 13–15 minutes.

MAKES 2 SERVINGS

Oven Alternative: Bake at 400°F until golden brown and cooked through, 16–18 minutes.

HG Tip: If the idea of curds in your biscuits bothers you (trust you’ll barely notice them!), feel free to puree your cottage cheese in a small blender or food processor.

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