



## Jalapeño Cheddar Protein Biscuits



1/2 of recipe (1 biscuit): 180 calories, 3g total fat (2g sat. fat), 667mg sodium, 25g carbs, 0.5g fiber, 2g sugars, 11.5g 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. canned diced jalapeño peppers, drained  
Optional topping: sliced jalapeño peppers

### Directions

Place cottage cheese in a small blender or food processor, and puree until smooth. (You can skip this step if you don't mind the curds; just drain it first.)

Transfer cottage cheese to a large bowl. Add flour, and mix until dough forms. Fold in 2 tbsp. shredded cheese and the drained peppers. 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.

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