

## **Gluten-Free Baking Powder Biscuits**

Makes 12 servings (1 serving = 1 biscuit)

1 ½ cups brown rice flour

½ cup tapioca flour

4 teaspoons baking powder

⅛ teaspoon salt

3 tablespoons coconut oil

1 cup unsweetened applesauce

### **Directions**

1. Preheat oven to 425 degrees F.
2. In a medium-large mixing bowl, stir together dry ingredients (brown rice flour, tapioca flour, baking powder, and salt).
3. Sprinkle oil on top, and mix well with a pastry blender or fork, until consistency is crumbly.
4. Mix in applesauce, and stir until blended.
5. Drop 12 equal spoonfuls onto an ungreased cookie sheet. With spoon, lightly shape into biscuit.
6. Bake 15–18 minutes until slightly browned.

Tip: Serve warm for best flavor.

### **Nutrition (per serving):**

Calories: 143

Fat (g): 4

Sat. Fat (g): 3

Cholesterol (mg): 0

Sodium (mg): 187

Carbohydrates (g): 26

Fiber (g): 1

Protein (g): 1