

Biscuits and Sausage Gravy



Makes 2 servings

INGREDIENTS

GRAVY

Pork sausage (we use Jimmy Dean Original), about 3-4 ounces

1 to 1-½ cups unsweetened almond milk

½ block of 8 oz. original (**NOT** low-fat) cream cheese, softened *slightly* in microwave

1 TBSP coconut flour

Salt & Pepper to taste (remember cream cheese may already have some salt in it)

INSTRUCTIONS

1. Put cream cheese on saucer and microwave for about 30 seconds on 50% power. Then mash up with a fork slightly until it's somewhat smooth (not one big chunk) and set aside.
2. If you use Jimmy Dean, you will need to cook it in some reserved bacon grease as JD is very low-fat. Other sausages may have more fat and you won't have to do that. You will use some of that grease for the base of your gravy. **COOK** the sausage then remove it onto a plate or into a strainer and set it aside as it will get added back into the gravy **LAST**. Pour off all but about ¼ cup of the drippings (grease). Skillet needs to be about med. heat now, not too hot.
3. Add coconut flour, salt and pepper, and begin stirring until it is a smooth paste, about the consistency of peanut butter.
4. Pour in almond milk and use a fine mesh whisk or stirrer to keep stirring around until it begins to bubble a little. (The whisk pictured here is **AWESOME** for making gravies and sauces!)



5. Add in softened cream cheese and keep stirring as it begins to bubble again. Keep stirring and it will begin to thicken slightly as it cooks down, and all the cream cheese lumps will disappear.
6. Add in the cooked sausage last, and stir until well mixed, then you can cook for another minute to reheat the sausage. Remove from heat to keep it from scorching.

BISCUITS

- 1 large egg
- 1 TBSP coconut flour
- $\frac{1}{4}$ tsp baking powder
- 1 pinch Salt
- 1 TBSP olive oil
- 1 TBSP heavy cream or whipping cream

INSTRUCTIONS

1. Whisk all ingredients together in a small bowl.
2. Pour into a tall microwave-safe mug (you can lightly spray with Pam if you like) and tap the bottom firmly on a dish towel folded on the counter a few times to force any air bubbles to rise and pop. Microwave on high for 90 seconds.
3. Invert mug onto a cutting board and let the bread slide out. Cut in half to get two "biscuits"

#lowcarbjc

