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Our classic biscuit recipe is revved up with the addition of Parmesan cheese and pepper. You'll love the slight bite that these ingredients bring to the table. You'll love the slight bite that these ingredients bring to the table.
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In this healthy buttermilk biscuit recipe, sprouted whole-wheat flour lends the nutritional benefits of whole-wheat flour without the bitterness. If you can't find sprouted flour, white whole-wheat and all-purpose flour are good substitutes. Adapted with permission from Bread Revolution by Peter Reinhart (Ten Speed Press, 2014).
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Sometimes only a biscuit will do so get baking some of these delicious and healthy homemade versions, including banana biscuits, Weet-Bix slice and apricot bars.
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What I love about these biscuits, besides the fact each one is just over 50 calories, is the fact that you only need 2 ingredients to make them. Yes, you read that last part right, you ll only need non-fat greek yogurt and self rising flour. Now you can enjoy biscuits, without turning into one.
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Whether you use the microwave or not, this biscuits and gravy recipe delivers on flavor and has unbelievable macros. One biscuit with high protein sausage gravy has roughly 110 calories, 10 grams of protein, 11 grams of carbs, and 6 grams of fat. That s about 1/4 the calories of a standard serving of biscuits and gravy.
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