

# The Frazzled Mamas Gluten Free Buttermilk Biscuits



1 cup corn starch  
3/4 cup rice flour  
1/4 cup almond flour  
1 tsp. xanthan gum  
4 tsp. baking powder  
1/2 tsp. baking soda  
1 tsp. salt  
4 tablespoons unsalted chilled butter  
1 cup buttermilk\*  
2 egg whites



Pre heat oven to 425 degrees F.

In a mixing bowl combine all dry ingredients with a fork until evenly distributed. Cut in chilled butter with a pastry knife (or 2 butter knives) until the mixture has a sandy texture. Add egg whites to buttermilk and mix to combine. Then add wet ingredients to the dry and mix with a fork. This will be a slightly wet, sticky dough. At this point, you could easily make drop biscuits. If you (like me) prefer cut biscuits, place dough onto a sheet of parchment paper that has been sprayed with cooking spray. Use the paper to flatten the dough out to desired thickness. To cut the dough use a biscuits cutter sprayed with cooking spray. Helpful hint, as you cut the biscuits, leave the biscuit cutter in place before transferring to cookie sheet. Then, use a small spatula to scoop the biscuit up, using the biscuit cutter to help you move the biscuit to a parchment lined cookies sheet. Make sure you spray the parchment with cooking spray lightly. Bake in preheated over for 10 minutes or until golden brown.

Enjoy!

\*If you don't have buttermilk on hand, simply use 1 cup of regular milk mixed with 1 tablespoon of lemon juice.