

Biscuit in a Mug and Sausage Gravy

THM-Friendly: S

Single Serve Biscuit:

- 1 tsp. avocado oil
- 3 Tbsp. egg whites
- 1 Tbsp. unsweetened nut milk
- 2 Tbsp. lupin flour ([Baking Blend](#) is a possible sub)
- 1/2 Tbsp. oat fiber
- 1/2 Tbsp. THM [Creamy Dreamy Plant Protein](#)
- 1/2 tsp. THM [Gentle Sweet](#)
- 1/4 tsp. baking powder



Sausage Gravy:

- 1/4 lb. sausage
- onion powder
- garlic powder
- 1 Tbsp. avocado oil
- 2 Tbsp. oat fiber
- 1/3 - 1/2 cup unsweetened nut milk
- a splash of half and half (or heavy cream)
- mineral salt and pepper to taste
- optional: gluccie



Mix the biscuit ingredients in a mug and microwave for 90 seconds. If it's not done microwave for 10-15 seconds more at a time until done.

Cook sausage in a skillet on medium heat.

Push sausage to the side of the skillet to make a small roux: Add the avocado oil to the pan, mix the oat fiber into the oil, and stir together to make a paste. Then pour nut milk onto the roux and whisk together. Add the half and half and salt and pepper. Then mix in the sausage and stir; let simmer for a couple of minutes to thicken up.

Split the biscuit in half, and after the gravy has thickened to your preference pour it on top of the biscuit. (If it is not thickening as quickly as you would like go ahead and sprinkle some gluccie on it and whisk whisk whisk!).

Pair with a couple of eggs if you would like.

enJOY!

<https://www.joyfullifewithkj.com/quick-biscuits-and-gravy>

