

## Fluffy Air Fryer Keto Cheddar Cottage Cheese Biscuits (Low Carb & So Cheesy!)

Need a quick, protein-packed snack that doesn't derail your keto goals? These



**OVEN**  
**350°F**

**TIME**  
**3 min**

**METHOD**  
**Air fryer**

**PRINT**  
**Recipe Card**

### INGREDIENTS

1 large egg - room temperature for best mixing  
... cup cottage cheese - use 4% milk fat for richness  
% cup shredded cheddar cheese - adds bold, melty flavor  
... cup coconut flour - keeps it low-carb and fluffy  
% tbsp baking powder - helps lift and rise  
1/8 tsp salt - enhances all the flavors  
3 tsp butter - or avocado/olive oil spray, for greasing ramekins

### DIRECTIONS

1. Preheat the Air Fryer: Set your air fryer to 350°F (175°C).
2. Melt the Butter: Place 1 tsp butter in each of 3 ramekins. Pop them in the air fryer for about 3 minutes to melt.
3. Blend the Base: In a food processor, blend the egg and cottage cheese until smooth and creamy.
4. Mix the Dough: Add the cheddar cheese, coconut flour, baking powder, and salt. Pulse or stir until a thick dough forms.
5. Portion and Load: Using a 1/3 cup scoop, divide the dough into 3 even mounds. Flatten slightly if desired and place one mound in each buttered ramekin.
6. Air Fry to Golden Perfection: Air fry for 10 minutes, or until biscuits are golden brown on top.
7. Cool and Serve: Let the biscuits rest for 5-10 minutes. For extra indulgence, top with more butter and return to the air fryer for 1-2 minutes.

### SWAPS & NOTES

Cheese Options : Try pepper jack for heat or mozzarella for mild meltiness.

Swap cottage cheese for a plant-based version and butter for oil.

Add-ins : Chopped herbs, crumbled bacon, or diced jalapeños take these up a notch.

Preheat the Air Fryer Set your air fryer to 350°F (175°C) . 2.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/fluffy-air-fryer-keto-cheddar-cottage-cheese-biscuits-low-carb-so-cheesy/>