

Biscuits and Mushroom Gravy (Vegan)

Yield: 10 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/vegan-southern-biscuits-and-gravy-recipe>

Ingredients:

- 1 batch biscuits 3-Ingredient Coconut Oil
- 1/4 cup vegan butter or olive oil, or you can substitute regular butter, if not making these vegan
- 8 ounces baby bella mushrooms diced into 1/4-inch cubes
- 1 shallot small, peeled and finely chopped, about 1/4 cup
- 1 clove garlic minced
- 1/4 cup wheat white whole, or all-purpose flour
- 1/2 cup vegetable stock
- 1 1/3 cups almond Blue Diamond , Breeze Almondmilk Original , or Blue Diamond Almond Breeze Almondmilk Original Unsweetened
- 1 teaspoon fresh rosemary finely-minced
- 1/2 teaspoon salt
- 1/2 teaspoon cracked black pepper freshly-

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 8 grams
3. Fat: 10 grams
4. Fiber: 3 grams
5. Protein: 5 grams
6. SaturatedFat: 1 grams
7. Sodium: 170 milligrams
8. Sugar: 1 grams

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