

Easy Whole Grain Biscuits (makes 12 biscuits)

Whole wheat flour makes a healthier biscuit for breakfast!

- 2 Cups Whole wheat flour
- 1 Cup All purpose white flour
- 1 tsp Salt
- 1 Tbsp Baking powder
- 1 Tbsp Sugar
- 4 Tbsp Butter
- 1 Cup Fat free buttermilk or water

Preheat oven to 425 degrees.

Mix together all the dry ingredients in a bowl.

With your (clean) fingers, rub the butter into the dry ingredients until the mixture looks like crumbs.

Add the liquid in one pour and then mix quickly and gently until soft dough forms. This will take about 20-25 seconds. Do not over mix.

Shape your dough by placing a spoonful onto a baking sheet that has been lightly sprayed with oil and dusted with flour; or divide the dough into 12 equal parts and place each one into the open cups of a muffin pan which has been lightly sprayed with oil to prevent sticking.

Bake 15-20 minutes. Check biscuits after 15 min and remove from oven when light brown.

Nutrition Facts for 1 biscuit:

150 Calories; 4 gm Protein; 4 gm Total Fat; 2.5 gm Saturated Fat; 13 mg Cholesterol; 23 gm Total Carbohydrate; 3 gm Fiber; 335 mg Sodium