

Side

Whole Wheat Almond Biscuits

15 Mins
Prep Time

12 Mins
Cook Time

8
Servings

168 Calories **6g Fat** **26g Carbs** **4g Protein**



Ingredients

8 Servings • **1 Biscuit** Serving Size

27 Mins Total Time

Allergens: Nuts, Gluten

2 Cups Whole Wheat Flour

4 Tsp Baking Powder

½ Tsp Salt

⅓ Cup Almond Flour

4 Tbsp Cold Vegan Butter, such as Earth Balance®

1 Cup Unsweetened Almond Milk

2 Tbsp Honey

Nourishment Note!



Whole Wheat Flour

Whole wheat flour is an excellent source of fiber and key B-vitamins. A diet high in fiber is important for digestive health and reduces the risk of heart disease and stroke.

Allergen Swap

Nut Replace almond flour with whole wheat flour; replace almond milk with cow's milk or a nut-free milk alternative










Gluten Replace whole wheat flour with a gluten-free cup-for-cup flour

Instructions

- 1 Preheat Oven**
Preheat oven to 450°F and line a baking sheet with parchment paper.
- 2 Mix Ingredients**
Mix together the dry ingredients in a bowl and cut in the butter with a pastry blender (or two knives) until it has a crumbly texture. Add the almond milk and stir until the dough comes together.
- 3 Form Biscuits**
On a floured surface, form into an 8"x12" rectangle and cut into 8 square biscuits.
- 4 Bake**
Place on prepared baking sheet and bake for 12 minutes or until golden brown.
- 5 Serve & Enjoy!**
Brush warm biscuits with honey and serve immediately, enjoy!

Recipe created by Meijer Chef, Chad Beuter

What You'll Need

-  Baking Sheet
-  Parchment Paper
-  Large Bowl
-  Mixing Spoon
-  Pastry Blender
-  Measuring Cups
-  Measuring Spoons
-  Knife
-  Pastry Brush

PD Cooking Tips

Pastry Cutter: Pulse dough in a food processor instead of using a pastry blender to minimize hand strain.