

Side | Snack | Lunch | Dinner | Breakfast

Whole Wheat Almond Biscuits

Side Effect: Nausea/Vomiting

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 **Pasteurized** Honey, optional

Allergen Swap

Nuts 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 all-purpose flour

Nourishment Note



Biscuits

Biscuits are a mild tasting and low-odor food that is typically well-tolerated during episodes of nausea.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Preheat Oven

Preheat oven to 450°F and line a baking sheet with parchment paper.

3. Mix Ingredients

Mix together the dry ingredients in a bowl and cut in the butter with a pastry cutter (or two knives) until it has a crumbly texture. Add the almond milk and stir until the dough comes together.

4. Form Biscuits

On a floured surface, form into an 8x12-inch rectangle and cut into 8 square biscuits.

5. Bake

Place on prepared baking sheet and bake for 12 minutes or until golden brown.

6. Brush with Honey

Brush warm biscuits with honey (optional) and serve immediately.

7. Store

Store in a sealed container after 2 hours. Biscuits will keep well in a sealed container for up to 2 days.

8. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe created by Meijer Chef, Chad Beuter

What You'll Need



Baking Sheet



Parchment Paper



Large Bowl



Mixing Spoon



Pastry Cutter



Measuring Cups



Measuring Spoons



Knife



Pastry Brush

Fatigue Buster

- Ask a friend or family member to help prepare these biscuits.
- Biscuits can be made and frozen in a sealed container for up to 3 months.