

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. Wash Hands

Wash hands with soap and water.

### 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!

### 1. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy  
Registered Dietitians

## 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.