



Whole Wheat Cinnamon Raisin Biscuits

Ingredients:

- 1 cup whole wheat flour
- 1 cup all-purpose flour
- 1 Tablespoon baking powder
- ½ teaspoon salt
- 2 teaspoons cinnamon
- 6 Tablespoons vegetable shortening
- ¾ cup milk
- ¼ cup raisins, chopped

Directions:

1. Wash hands with soap and water. Preheat oven to 425°F.
2. Combine dry ingredients. Cut in shortening until mixture resembles coarse cornmeal.
3. Add milk and raisins; stir until dough leaves side of bowl. Turn dough onto a lightly floured board. Knead about 20 times or until just smooth. Shape into a ball.
4. Pat or roll lightly until ½" to ¾" thick. Cut out biscuits with a floured cutter. Place biscuits on ungreased baking sheet. Bake at 425°F for 12 to 15 minutes. Makes 15 small biscuits.

Optional Icing: In a microwave-safe dish combine 1 teaspoon margarine and 1½ tablespoon milk. Microwave on medium power until margarine melts. Add ¼ teaspoon vanilla and ½ cup powdered sugar. Stir until smooth. Spread on warm biscuits.

Nutrition Information per serving (1 biscuit): Calories 110, Total Fat 5g, Saturated Fat 1g, Cholesterol 0mg, Sodium 180mg, Total Carbohydrates 15g, Fiber 1g, Total Sugars 3g, includes 0g Added Sugars, Protein 2g, Vitamin D 0%, Calcium 6%, Iron 6%, Potassium 2%

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4 Steps to Food Safety



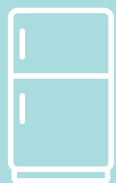
Clean



Separate



Cook



Chill