

Whole Wheat Soda Biscuits from *Urban Sacred Garden*



I finally did it! After 2 months of experimenting I finally made a delicious biscuit. I have struggled with biscuits for many years and never seemed to be able to get the right rise out of the biscuit. But finally after adjusting ingredients, kneading, rolling, watching every tutorial online imaginable and eating a few flat biscuits, I've done it.

These are super tasty and I couldn't be more proud. If you have any biscuit problems please comment below, I'm happy to help!

Yield: About 10 Biscuits

INGREDIENTS:

- 2 1/2 Cups White Whole Wheat Flour
- 2 1/2 Tsp Baking Powder
- 3 Tbsp Granulated Sugar
- 1 Stick (1/2 Cup) Cold Butter, cut into small pieces
- 1/4 Cup Nonfat Plain Greek Yogurt
- 3/4 Cup Sparkling Limeade (or Sparkling Lemonade)
- 1/4 Milk (for coating the tops of biscuits)

DIRECTIONS:

1. Preheat oven to 400 degrees. Line a cookie sheet with parchment paper (or coat with butter or spray with a non-stick oil). In a large mixing bowl thoroughly combine all dry ingredients - Whole Wheat Flour, Baking Powder and Sugar.
2. Add pieces of Butter into dry mix and cut into flour and combine with a pastry cutter (or 2 knives or your fingers) until Butter is thoroughly mixed in and creates small granules.
3. Add Yogurt and Sparkling Limeade to dry ingredients and mix with a wooden spoon just to combine. Once dough is almost formed finish blending dough together with hands to form a ball - this allows the dough to form more quickly than with a small spoon and it keeps it from becoming over processed. NOTE: When the wet ingredients meet the dry ingredients for your biscuits you need to be very mindful of over handling your dough from then on.
4. Turn dough out onto lightly floured surface (just a little flour, as you don't want to add too much back into the dough). Knead the dough just a few times to make it consistent. Pat the dough out until it is about a 1/2 inch thick - no need to use a rolling pin as it may overwork the dough and we don't need it thin. Use a biscuit cutter of choice (or the round open mouth of a glass) to cut dough. Lightly flour cutter to keep it from sticking. Place cut biscuits on the prepared pan. Repeat, kneading dough back into a ball and pressing back into a 1/2 inch sheet between each cutting while handling as little as possible.
5. Once you've cut as many biscuits as you can from the dough, lightly brush the tops of biscuits with a wash of milk to help with browning (I used non-fat, but you can use any). You can also use your fingers to coat with milk if you don't have a pastry brush. Place biscuit pan in the preheated oven for about 9-12 minutes until biscuits have risen and are a light brown on top.
5. Serve warm with Homemade Spiced Apple Butter. These biscuits also heat up great the next day in a toaster or toaster oven. Enjoy!