

Biscuits

Prep Time	Cook Time	Total Time
10 min	15-20min	25-30min

Yield – 12 biscuits

Ingredients

- 2 cups of Spelt or Kamut flour
- 1/2 tsp salt
- 2½ tsp baking powder
- 2/3 cup milk substitute (rice, almond, or soy milk)
- 1/3 cup of cold butter

Instructions

1. Preheat oven to 350°F
2. Mix flour, salt, & baking powder together in large bowl.
3. Cut cold butter into small squares and to flour mixture. Then using a fork or pastry cutter, cut into flour mixture until it looks like cornmeal.
4. Add ½ the milk and then stir. Gradually add the remaining milk and mix with spoon or fingers adding milk.
5. On lightly floured surface, gently roll dough in flour to coat. Knead lightly about 10 times.
6. Roll or pat ½ inch thick. Cut with floured 2inch biscuit cutter or use a drinking glass. On ungreased cookie sheet, place biscuits about 1 inch apart for crusty sides, touching for soft sides.
7. Bake at 350°F for ~15-20min [most people bake at 450°F for 15min, but I like it more even cooked throughout, try and see what suits your taste]



Spelt is an ancient gluten grain from Europe and Asia. It is high in protein. It is a very good source of B vitamins as well as the minerals manganese, magnesium, phosphorus, copper, iron, zinc, selenium, & potassium. It also contains phytochemicals which act as antioxidants in the body.

Kamut is also an ancient wheat. It is higher in protein than wheat but less than spelt. It has all essential protein building blocks, but its proportion of methionine is a little lower. Its nutrient profile is similar to spelt