



## **Buttermilk Wheat Biscuits**

These nutritious wheat biscuits are made with buttermilk, whole wheat and all-purpose flour.  
Makes 12 biscuits.

### **Ingredients:**

1 ½ cup all-purpose flour  
1 cup whole grain wheat flour  
4 tsp. baking powder  
1 Tbsp. sugar  
½ tsp. cream of tartar  
½ tsp. salt  
½ cup shortening  
1 cup buttermilk

### **Procedure:**

Preheat oven to 450°F.

In a medium bowl, sift together the all-purpose flour, whole grain wheat flour, baking powder, sugar, cream of tartar and salt. Cut shortening into the flour mixture with a pastry blender until the mixture resembles coarse cornmeal. Add buttermilk all at once; stir with a fork until dough is just moist enough to pick up from the side of the bowl and form a ball.

Turn dough onto a lightly floured surface and knead gently 4 to 5 times to form smooth, soft dough. Roll out or pat dough to ¼ -inch thickness. With a 2 ½ -inch biscuit cutter, cut straight down into the dough, being careful not to twist cutter.

Place biscuits on an ungreased cookie sheet and bake 12 to 15 minutes.

Serve hot.

