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 ¾ -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.