

SPROUTED WHEAT ANGEL BISCUITS

Ingredients:

- 2 c. sprouted wheat flour
- 1 tsp. salt
- 2 tsp. baking powder
- 1 t. yeast
- 1 c. warm water
- 2 t. sugar
- 4 t. melted butter



Instructions:

1. In a small bowl, add the yeast and sugar to the warm water and stir in the butter.
2. Combine the flour, salt and baking powder together. Mix the yeast mixture with the flour mixture and mix.
3. Knead the dough together a few times to get a soft dough. (about 12-15 times).
4. Roll out the dough until 1/2" thick and cut out biscuits with a biscuit cutter.
5. Place on a cookie sheet and let them rise for about an hour. (I didn't let mine rise that long because I didn't have time. If you want them higher, time it better than I did!
6. Bake at 400 degrees for 15 minutes.

3 Winks Design