
Whole-Grain Shaped Biscuits

Cook Time: 0 min

prep Time: 0 min

total Time: 0 min

servings: 0

Ingredients:

- 1 1/2 cups whole wheat flour
- 1 cup spelt flour
- 1/2 cup oat flour
- 3/4 tsp baking powder
- 1/4 tsp baking soda
- 1 tsp cinnamon
- 1/2 tsp salt
- 200g unsalted butter, cold
- 1/2 cup natural cane sugar
- 1/4 cup honey
- 3 tbsp milk
- 3/4 tsp vanilla

Instructions:

1. Cut the butter into 1cm cubes and place in the fridge while you prepare the rest of the ingredients.
2. In a food processor, combine the flours, baking powder, baking soda, cinnamon, salt and sugar. Pulse to combine. Add the cold butter and pulse until the butter is cut into the flour and looks like rough sand.
3. Add the honey, milk, and vanilla and pulse until the dough starts to come together.
4. Transfer the dough to a floured work surface and shape into a disk. Wrap with plastic wrap and store in the fridge for 45minutes.
5. Pre-heat the oven to 350F or 180C. Line 2 baking sheets with parchment paper.
6. Roll out the dough on a large piece of parchment paper until a 1/4cm thick. Cut out into your desired shapes and place on the prepare baking sheet. Bake for 10-15 minutes, depending on the size of the biscuits. Cool on a wrack.