

Whole Wheat Pumpkin Biscuits



MEDAVIE



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Recipe makes: 12 to 14 servings (1 biscuit per serving)

Preparation time: 20 minutes

Cook time: 12 to 15 minutes

Equipment: one set of measuring cups, one set of measuring spoons, one 45*33 cm (18*13 inch) baking tray, parchment paper, one medium mixing bowl, one large mixing bowl, one small bowl (optional), one whisk or fork, one rubber spatula or spoon, one grater, a counter or one large cutting board, one round 6 to 8 cm (2 to 3 inch) biscuit cutter or cookie cutter or one 1/3 cup measuring cup, one rolling pin, an oven, oven mitts, one spatula, cooling rack or plate

What you need to make this recipe:

Biscuits

- 3/4 cup canned pumpkin puree
- 1/2 cup buttermilk or plain yogurt
- 2 tablespoons real maple syrup
- 1 3/4 cups whole wheat pastry flour + flour for rolling the dough
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 3 tablespoons frozen butter

Glaze (optional)

- 2 tablespoons butter, softened
- 1 tablespoon real maple syrup
- 1/2 teaspoon ground cinnamon
- 1 tablespoon real maple syrup

How to make Whole Wheat Pumpkin Biscuits:

1. Preheat the oven to 205°C (400° F).
2. Line a 45*33 cm (18*13 inch) baking tray with parchment paper.
3. Put the pumpkin, buttermilk or yogurt, and maple syrup into a medium mixing. Using a whisk or fork, whisk the ingredients until combined.
4. Put the flour, baking powder, baking soda, salt, and cinnamon in a large mixing bowl. Using a rubber spatula or spoon, stir until combined.
5. Using the large holes of a grater, grate the frozen butter into the large bowl. Gently stir the butter and flour mixture until the butter is evenly distributed in the flour mixture.
6. Pour the pumpkin mixture into the flour mixture. Stir together until a sticky dough is formed. If the dough is sticking to the sides of the bowl, add one tablespoon of flour to the dough, and stir until combined.
7. Spread one tablespoon of flour on a clean counter or large cutting board. Transfer the dough to the counter or cutting board.
8. Using a rolling pin, roll the dough until it is about 2 cm (3/4 inch) thick.
9. Cut the dough into circles using a round 6 to 8 cm (2 to 3 inch) biscuit cutter or cookie cutter. The rim of a 1/3 cup measuring cup can also be used.
10. Put the biscuits on the prepared baking tray, spaced about 5 cm (2 inches) apart.

Recipe continues on the next page.

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11. Shape the remaining dough into a ball and repeat Step 8 to 10 until all the dough is used. If the dough sticks to the counter or cutting board, add more flour to the counter or cutting board.
12. Bake the biscuits for 12 to 15 minutes.
13. To make the glaze (optional), put the butter, maple syrup, and cinnamon in a small bowl. Using a clean whisk or fork, whisk until combined.
14. When the biscuits are done baking, take them out of the oven. Using a spatula, transfer them to a cooling rack or plate. Let them cool for 10 to 15 minutes.
15. Use a clean spoon to drizzle a small amount of the glaze on the top of each biscuit (optional).
16. Serve the biscuits on their own or with butter, margarine, or jam.

Allergy information:

Contains wheat, gluten, and milk.

About this recipe:

Pumpkin contains Vitamin A. Getting enough Vitamin A in your diet can help keep your eyes healthy.

The biscuits can be used to make breakfast sandwiches. Try a sandwich made with eggs, cheese, and tomato.

Substitutions:

To make this recipe milk free, use milk-free margarine or plant-based butter and a plant-based yogurt.

Storage information:

Store the biscuits in an airtight container in the fridge for up to 1 week or in the freezer for up to 1 month.

Biscuits can be reheated in the oven. Wrap each biscuit in aluminum foil and put it on a baking tray. Bake at 150°C (300° F) for 10 minutes

Frozen biscuits can be thawed in the microwave or oven. To thaw a biscuit in the microwave, microwave for 10 to 30 seconds. To thaw biscuits in the oven, wrap each frozen biscuit in aluminum foil and put them on a baking tray. Bake at 150°C (300° F) for 20 minutes.

Nutrition Facts	
Per 1 serving (1 biscuit)	
Calories 130	% Daily Value*
Fat 3 g	4 %
Saturated 1.5 g	8 %
+ Trans 0.1 g	
Carbohydrate 23 g	
Fibre 4 g	14 %
Sugars 3 g	3 %
Protein 3 g	
Cholesterol 5 mg	
Sodium 190 mg	8 %
Calcium 50 mg	4 %
Iron 1 mg	6 %
Vitamin A 100 µg	11 %
Vitamin C 0 mg	0 %
5% or less is a little , 15% or more is a lot	
Nova Scotia School Food and Beverage Standard: Moderate	