



Easy Whole-Wheat Drop Biscuits

Nothing beats the smell of fresh-baked biscuits! Using a blend of whole-wheat and enriched flours keeps these whole grain-rich biscuits fluffy and light.

Ages: 3–18 years
Makes: 6 servings

Prep time: 15 minutes
Cook time: 13 minutes

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INGREDIENTS

Nonstick cooking spray

½ cup flour, all-purpose, enriched

½ cup flour, whole-wheat

2 Tbsp milk, dry, non-fat, instant

½ tsp baking powder

¼ tsp salt, table

2 Tbsp shortening, vegetable, *trans-fat* free

¼ cup + 2 Tbsp water, tap

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DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400 °F.
3. Spray a baking sheet with nonstick cooking spray.
4. In a small mixing bowl, combine all-purpose flour, whole-wheat flour, dry milk, baking powder, and salt. Stir.
5. Using a fork or pastry cutter, mash shortening into dry ingredients until the flour mixture is crumbly. Do not over-mix.
6. Add water. Stir with a fork until a soft dough is formed. Scrape bowl with a rubber spatula as necessary during mixing.
7. Using a spoon, drop 2 Tbsp dough onto a baking sheet.
8. Bake for 12–13 minutes.
9. Serve 1 biscuit.



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NUTRITION INFORMATION

1 Whole-Wheat Drop Biscuit

Nutrients	Amount
Calories	109
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	139 mg
Total Carbohydrate	15 g
Dietary Fiber	1 g
Total Sugars	1 g
Includes Added Sugars	N/A
Protein	3 g
Vitamin D	N/A
Calcium	42 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

Source: Team Nutrition CACFP Easy Recipe Project


TeamNutrition.USDA.gov

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CACFP CREDITING INFORMATION

1 oz eq grains



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CHEF TIPS

- **Contains milk (powdered) and wheat (flour).**
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method C.

