

## **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 PREP TIME: 1 hour COOK TIME: 13 minutes

**CACFP CREDITING INFORMATION** 

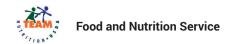
1 oz eq grains 🦊

SOURCE

Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIDECTIONS
	Weight	Measure	Weight	Measure	DIRECTIONS
					<ol> <li>Wash hands with soap and water for at least 20 seconds.</li> </ol>
					2 Preheat oven to 400 °F.
Nonstick cooking spray		1 spray		2 sprays	<ul> <li>Spray a sheet pan (18" x 26" x 1") with nonstick cooking spray.</li> <li>For 25 servings, use 1 pan.</li> <li>For 50 servings, use 2 pans.</li> </ul>
Flour, all purpose, enriched	8½ oz	2 cups	1 lb 1 oz	1 qt	4 In a small mixing bowl, combine all-purpose flour, whole-wheat flour, dry milk, baking powder, and salt. Stir to mix.



INGREDIENTS	25 SERVINGS		50 SERVINGS		
	Weight	Measure	Weight	Measure	DIRECTIONS
Flour, whole-wheat	8½ oz	2 cups	1 lb 1 oz	1 qt	
Milk, dry, non-fat, instant	1 oz	¼ cup + 3 Tbsp	2 oz	<sup>3</sup> / <sub>4</sub> cup + 2 Tbsp	
Baking powder		2 tsp		1 Tbsp + 1 tsp	
Salt, table		1 tsp		2 tsp	
Shortening, vegetable, trans fat-free		½ cup		1 cup	5 Using a fork or pastry cutter, mash shortening into dry ingredients until the flour mixture is crumbly. Do not over-mix.
Water, tap		1½ cups		3 cups	6 Add water and 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.

## **NUTRITION INFORMATION**

1 Whole-Wheat Drop Biscuit

Nutrients Calories	Amount 109
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber Total Sugars Includes Added Sugars Protein	<b>4 g</b> 1 g 0 mg <b>139 mg</b> 1 <b>5 g</b> 1 g 1 g N/A <b>3 g</b>
Vitamin D Calcium Iron Potassium N/A = Data not available	N/A 42 mg 1 mg N/A

## **NOTES**

- 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.

YIELD/VOLUME				
25 Servings	50 Servings			
Weight: 1 lb 14 oz	Weight: 3 lb 13 oz			
Yield: 25 biscuits	Yield: 50 biscuits			

