



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		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<ol style="list-style-type: none"> 1 Wash hands with soap and water for at least 20 seconds. 2 Preheat oven to 400 °F.
Nonstick cooking spray		1 spray		2 sprays	<ol style="list-style-type: none"> 3 Spray a sheet pan (18" x 26" x 1") with nonstick cooking spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Flour, all purpose, enriched	8½ oz	2 cups	1 lb 1 oz	1 qt	<ol style="list-style-type: none"> 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		DIRECTIONS
	Weight	Measure	Weight	Measure	
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	¾ cup + 2 Tbsp	
Baking powder		2 tsp		1 Tbsp + 1 tsp	
Salt, table		1 tsp		2 tsp	
Shortening, vegetable, <i>trans</i> 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	Amount
Calories	109
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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
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Vitamin D	N/A
Calcium	42 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

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

