



Chai Tea Mini Biscuits

 Vegetarian

READY IN



18 min.

SERVINGS



100

CALORIES



18 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter chilled cut into small pieces
- ☐ 3 regular-size chai tea bags
- ☐ 3 tablespoons granulated sugar
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 cup milk 2% reduced-fat
- ☐ 0.5 cup powdered sugar
- ☐ 2 cups self-rising flour

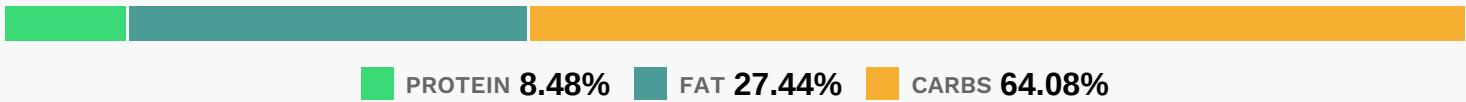
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender

Directions

- ☐ Cook milk in a small nonaluminum saucepan over medium-low heat, stirring once, 2 to 3 minutes or just until bubbles appear (do not boil); remove from heat.
- ☐ Add tea bags; cover and steep 5 minutes.
- ☐ Remove and discard tea bags from milk, squeezing gently.
- ☐ Stir together granulated sugar, cinnamon, and flour in a large bowl.
- ☐ Cut in butter with a pastry blender or a fork until crumbly.
- ☐ Add 3/4 cup milk mixture, stirring just until dry ingredients are moistened. Reserve remaining milk mixture for later use.
- ☐ Turn dough out onto a lightly floured surface; knead lightly 4 to 5 times with floured hands. Pat dough to 3/4-inch thickness; cut with a 1 1/2-inch round cutter.
- ☐ Place on a lightly greased baking sheet.
- ☐ Bake at 400 for 6 to 7 minutes or until golden.
- ☐ Let stand 5 minutes.
- ☐ Whisk together reserved 1 Tbsp. milk mixture and powdered sugar until smooth.
- ☐ Drizzle over warm biscuits.

Nutrition Facts



Properties

Glycemic Index:1.92, Glycemic Load:1.43, Inflammation Score:-1, Nutrition Score:0.28782608449135%

Nutrients (% of daily need)

Calories: 18.01kcal (0.9%), Fat: 0.55g (0.85%), Saturated Fat: 0.33g (2.05%), Carbohydrates: 2.89g (0.96%), Net Carbohydrates: 2.83g (1.03%), Sugar: 1.07g (1.19%), Cholesterol: 1.41mg (0.47%), Sodium: 4.82mg (0.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.38g (0.76%), Selenium: 1.06µg (1.52%), Manganese: 0.02mg (1.05%)