

DESSERT

Cornmeal Angel Biscuits

7 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	32	\$0.13	110 kcal

Need a lacto ovo vegetarian dessert? Cornmeal Angel Biscuits could be a super recipe to try. This recipe makes 32 servings with 110 calories, 3g of protein, and 3g of fat each. For 13 cents per serving, this recipe covers 4% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 1 teaspoon baking powder
- ☐ 1/2 cup chilled butter, cut into small pieces
- ☐ 4 cups all-purpose flour
- ☐ 1 1/2 teaspoons salt
- ☐ 1/2 cup warm water (100° to 110°)
- ☐ 2 teaspoons yellow cornmeal
- ☐ 1 teaspoon baking soda
- ☐ 2 1/4 teaspoons package dry yeast (about
- ☐ 2 cups low-fat buttermilk
- ☐ 1/4 cup sugar
- ☐ 3/4 cup yellow cornmeal

EQUIPMENT Bowl, Baking sheet, Oven, Knife, Blender, Measuring cup

Method

- 1

Dissolve yeast in warm water in a small bowl; let stand 5 minutes. Lightly spoon flour into a dry measuring cup; level with a knife.
- 2

Combine flour, 3/4 cup cornmeal, and next 4 ingredients (sugar through baking powder) in a large bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- 3

Add yeast mixture and buttermilk; stir just until moist. Cover; chill dough at least 2 hours or overnight.
- 4

Preheat oven to 45

- 5 Turn dough out onto a lightly floured surface; knead 5 or 6 times.
- 6 Roll dough to 1/2-inch thickness; cut with a 2 1/2-inch biscuit cutter into 32 biscuits.
- 7 Place on 2 ungreased baking sheets. Coat tops of dough with cooking spray; sprinkle tops evenly with 2 teaspoons cornmeal.
- 8 Let stand 20 minutes.
- 9 Bake at 450 for 12 minutes.

Nutrition per serving

110
KCAL

3 g
PROTEIN

3 g
FAT

17 g
CARBS

Saturated Fat	2 g · 12% of daily needs
Fibre	0.8 g · 3% of daily needs
Sugar	2.4 g · 3% of daily needs
Sodium	202 mg · 9% of daily needs
Cholesterol	8.2 mg · 3% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/cornmeal-angel-biscuits-148542