



Easy Whole Wheat Dairy-Free Biscuits

 Dairy Free

READY IN



22 min.

SERVINGS



10

CALORIES



169 kcal

DESSERT

Ingredients

- ☐ 4 teaspoons double-acting baking powder (1 tablespoon above 3000 ft)
- ☐ 1 tablespoon full fat coconut cream
- ☐ 1.3 cups so delicious original culinary coconut milk
- ☐ 0.5 tablespoon coconut oil softened
- ☐ 2 tablespoon granulated sugar
- ☐ 2 tablespoons all-fruit jam
- ☐ 0.8 teaspoon salt
- ☐ 2 cups pastry flour whole wheat as needed

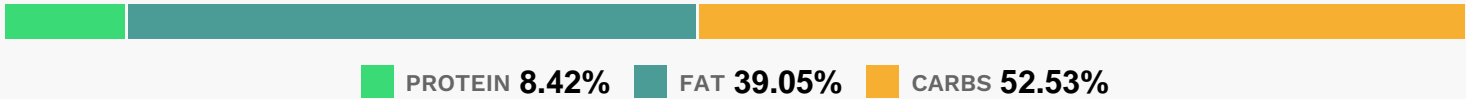
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ cookie cutter

Directions

- ☐ Preheat your oven to 450°F. For the biscuits, whisk together the flour, sugar (if using coconut sugar or evaporated cane sugar, I recommend powdering it in a spice grinder first), baking powder, and salt in a medium bowl.
- ☐ Add the coconut milk and stir until it comes together into dough. If it is too sticky to handle, pat in additional flour as needed.
- ☐ Place the dough on a floured surface and gently pat down. Fold in half, then pat or roll to ½-inch thickness (be gentle with the dough and minimize handling).
- ☐ Cut dough using your favorite 2 to 2-1/2 inch cookie cutters, and place the cut dough on a baking sheet. Pat together excess scraps and cut or shape for remaining biscuits. If desired, brush the tops of each biscuit with coconut milk beverage.
- ☐ Bake for 10 to 12 minutes or until the tops are lightly browned. For a creamy, sweet topping, whisk together the jam coconut cream and softened (but not melted) coconut oil until smooth. Chill to thicken.

Nutrition Facts



Properties

Glycemic Index:33.61, Glycemic Load:4.34, Inflammation Score:-2, Nutrition Score:8.32608699996055%

Nutrients (% of daily need)

Calories: 169.24kcal (8.46%), Fat: 7.85g (12.08%), Saturated Fat: 6.49g (40.54%), Carbohydrates: 23.76g (7.92%), Net Carbohydrates: 21.11g (7.68%), Sugar: 4.43g (4.93%), Cholesterol: 0mg (0%), Sodium: 349.53mg (15.2%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.62%), Manganese: 1.21mg (60.75%), Selenium: 14.93µg (21.33%), Phosphorus: 150.45mg (15.04%), Magnesium: 46.89mg (11.72%), Iron: 2.03mg (11.27%), Calcium: 108.36mg (10.84%), Fiber: 2.65g (10.59%), Copper: 0.17mg (8.58%), Vitamin B1: 0.13mg (8.52%), Vitamin B3: 1.38mg (6.92%), Vitamin B6: 0.11mg (5.35%), Zinc: 0.8mg (5.33%), Potassium: 157.63mg (4.5%), Folate: 15.3µg (3.82%), Vitamin B2: 0.04mg (2.54%), Vitamin B5: 0.19mg (1.93%), Vitamin E: 0.18mg (1.17%)