



Raisin Biscuits

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



95 kcal

DESSERT

Ingredients

- ☐ 1.5 tsp double-acting baking powder
- ☐ 0.5 tsp baking soda
- ☐ 1.5 tsp cinnamon
- ☐ 1 cup confectioners sugar
- ☐ 3 tbsp brown sugar light
- ☐ 1 tsp plant-based milk
- ☐ 0.3 tsp salt
- ☐ 2 tbsp apple sauce unsweetened

☐ 2 cups flour whole wheat white ()

Equipment

☐ baking sheet

☐ baking paper

☐ oven

☐ whisk

☐ mixing bowl

Directions

☐ Preheat oven to 425F. Grease a cookie sheet or line with parchment paper and set aside. In a large mixing bowl, combine flour, baking powder, baking soda, salt, cinnamon (feel free to use more or less) and sugar, and whisk to combine.

☐ Add raisins, stirring a few times to ensure even distribution.

☐ Add applesauce (10 tbsp) and stir until the batter is lumpy with chunks of dough. A light flour dusting is okay but make sure there are no pockets of flour on the bottom or sides of the mixing bowl. Also be careful not to over stir--those lumps are important. Next add 1/2 cup nondairy milk, stirring until a wet, thick doughy-batter forms. It should be somewhat dry, so add remaining nondairy milk (some flours are not as thirsty as others, so if yours is plenty moist, do not add extra nondairy). Drop spoonfuls on your cookie sheet, leaving a few centimeters room between each so they can spread. For round biscuits, use clean fingers to shape and smooth out each drop into a circular fashion. (Yield 13-15 biscuits).

☐ Bake 9-12 minutes until firm to the touch, and golden around the edges. For the icing, mix powdered sugar with 1 tsp liquid such as nondairy milk, vanilla extract, almond extract (the best!), fresh lemon juice or fresh orange juice. For a thinner icing, add more liquid. For a thicker icing, add more sugar.

☐ Amount Per Serving

☐ Calories

☐ Fat

☐ 20g

☐ Carbohydrate

☐ 80g Dietary Fiber 0.70g Sugars 1.60g Protein 2.10g

Nutrition Facts



 **PROTEIN 8.67%**  **FAT 2.56%**  **CARBS 88.77%**

Properties

Glycemic Index:9, Glycemic Load:0.13, Inflammation Score:0, Nutrition Score:0.84173913777846%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 95.45kcal (4.77%), Fat: 0.28g (0.44%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 22.12g (7.37%), Net Carbohydrates: 20.36g (7.4%), Sugar: 10.36g (11.51%), Cholesterol: 0.04mg (0.01%), Sodium: 130.49mg (5.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.32%), Fiber: 1.76g (7.04%), Calcium: 42.89mg (4.29%), Iron: 0.47mg (2.63%), Manganese: 0.05mg (2.4%), Phosphorus: 10.78mg (1.08%)