

DESSERT

Sweet Potato and Black Pepper Biscuits

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
27 min	15 min	12 min	12	\$0.21	197 kcal



Sweet Potato and Black Pepper Biscuits could be just the lacto ovo vegetarian recipe you've been looking for. One serving contains 197 calories, 3g of protein, and 13g of fat. This recipe serves 12 and costs 21 cents per serving.

Ingredients

- ☐ 2 teaspoons baking powder
- ☐ ¾ cup butter
- ☐ ½ teaspoon ground black pepper
- ☐ ¼ teaspoon salt
- ☐ 1 teaspoon white sugar
- ☐ ½ teaspoon baking soda
- ☐ 2 cups all-purpose flour
- ☐ 2 tablespoons heavy cream
- ☐ 1 cup cold mashed sweet potatoes

EQUIPMENT Baking sheet, Oven, Whisk, Mixing bowl, Pastry cutter

Method

- 1 Preheat oven to 425 degrees F (220 degrees C).
- 2 Whisk flour, baking powder, sugar, pepper, baking soda, and salt together in a large mixing bowl.
- 3 Cut butter into the flour mixture with a pastry cutter or fork until the mixture resembles coarse crumbs. Stir sweet potatoes and cream into the flour mixture until the dough is soft.
- 4 Turn the dough out onto a lightly floured work surface; knead the dough, turning over about 5 times.
- 5 Roll to about 1/2-inch thick.
- 6 Cut 2-inch circles out of dough and arrange on a baking sheet.
- 7 Bake in preheated oven until lightly browned, 12 to 15 minutes.

Nutrition per serving

197

KCAL

3 g

PROTEIN

13 g

FAT

19 g

CARBS

Saturated Fat	7.9 g · 49% of daily needs
Fibre	0.9 g · 4% of daily needs
Sugar	0.9 g · 1% of daily needs
Sodium	263 mg · 11% of daily needs
Cholesterol	33.3 mg · 11% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/sweet-potato-and-black-pepper-biscuits-148433