

# Vegan Whole Wheat Biscuits

 Dairy Free

READY IN



25 min.

SERVINGS



12

CALORIES



109 kcal

DESSERT

## Ingredients

- ☐ 1 cup vanilla almond milk
- ☐ 4 teaspoons double-acting baking powder
- ☐ 0.3 cup coconut oil at room temperature
- ☐ 0.8 teaspoon salt
- ☐ 1 tablespoon stevia powder
- ☐ 2 cups pastry flour whole wheat

## Equipment

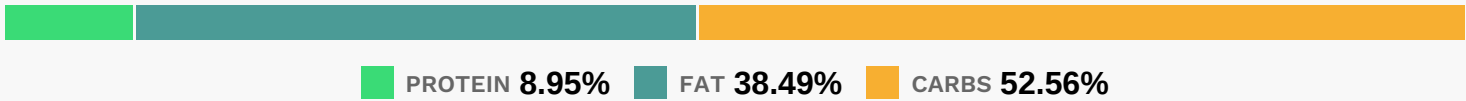
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ pastry cutter

## Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C).
- ☐ Mix flour, baking powder, stevia powder, and salt in a bowl.
- ☐ Cut in coconut oil with a pastry cutter or knife until mixture resembles coarse crumbs. Stir in almond milk until dough is just moistened.
- ☐ Turn dough out onto a lightly floured surface; knead gently 8 to 10 times. Pat or roll the dough out into a 3/4 inch thick round.
- ☐ Cut circles with a 2 1/2-inch biscuit cutter and arrange biscuits on a baking sheet.
- ☐ Bake in preheated oven until lightly browned, 8 to 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:9.5, Glycemic Load:0.35, Inflammation Score:-1, Nutrition Score:5.7478261372965%

## Nutrients (% of daily need)

Calories: 109.46kcal (5.47%), Fat: 5.25g (8.08%), Saturated Fat: 3.83g (23.96%), Carbohydrates: 16.13g (5.38%), Net Carbohydrates: 13.93g (5.07%), Sugar: 0.1g (0.11%), Cholesterol: 0mg (0%), Sodium: 314.16mg (13.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.49%), Manganese: 0.81mg (40.7%), Selenium: 12.36µg (17.66%), Calcium: 110.28mg (11.03%), Phosphorus: 100.61mg (10.06%), Fiber: 2.21g (8.82%), Magnesium: 27.76mg (6.94%), Vitamin B1: 0.1mg (6.69%), Vitamin B3: 0.99mg (4.96%), Iron: 0.87mg (4.84%), Copper: 0.08mg (4.11%), Vitamin B6: 0.08mg (4.07%), Zinc: 0.52mg (3.48%), Folate: 8.8µg (2.2%), Potassium: 72.9mg (2.08%), Vitamin B2: 0.03mg (1.94%), Vitamin B5: 0.12mg (1.21%)