



Spelt Biscuits

Jacob · 28/09/2024



Prep Time

25 mins

Difficult

Medium

Servings

6

Description

I have made these biscuits for health nuts and non healthy eaters alike but there are never leftovers These are heavier on account of the spelt flour but the nutty whole grain flavor is divine Best when served fresh out of the oven eaten with butter and honey or jam

Ingredients

— - 2 cups spelt flour - 1 tablespoon baking powder - 1 teaspoon salt - 6 tablespoons unsalted butter - ? cup milk

Instructions

1. Preheat the oven to 450 degrees F (220 degrees C). Whisk flour
2. baking powder
3. and salt together in a large bowl. Cut in butter with 2 knives or pastry blender until mixture resembles coarse crumbs. Gradually stir in milk until dough pulls away from the sides of the bowl. You may need to adjust the amount of milk. Turn dough out onto a floured surface; pat until about 1-inch thick. Cut into biscuits and place on a baking sheet. Bake in the preheated oven until bottoms are golden brown
4. 12 to 15 minutes.