

## Sweet Wheat Dinner Biscuits

### What you will need:

**1 cup of whole wheat flour**  
**½ cup of unbleached white flour**  
**1 teaspoon of butter flavor (butter extract)**  
**4 tablespoons butter**  
**1 tablespoon of baking power**  
**3 teaspoons of raw cane sugar**  
**1 teaspoon of ground cinnamon**  
**¼ teaspoon potassium chloride**  
**teaspoon of salt**  
**cup of whole milk**  
**Some water**

**Get your large mixing bowl**  
**Get your wooden spoon**  
**Get your blender out**  
**Get a rolling pen and a cutting board out**  
**Get a round dough cutter out - 2½ inches in diameter**  
**Get a backing sheet – 14 x 16 inches**

### Here are the instructions:

Combine the dry ingredients in the blender bowl. That's the flour, sugar, flavors, backing powder and salts. Activate the blender to blend at low speed. When the mixture is free from clumps and has a fine consistency, stop. Pour into large mixing bowl. Soften butter, use microwave for 12 seconds until it is easy to break up but not melted. Use a fork to blend the butter in the mixture. Pour in the half-and-half in the bowl. Mix with wooden spoon. It may be too dry to form dough. So keep mixing and introduce water a teaspoon at a time and until the dough is moist enough. Preheat the oven 425° F. Usually it takes about 8 minutes to warm up. You may need to keep a small amount of flour around to dust the cutting board and rolling pen. Knead the dough into a ball. Make judgment on the plasticity of the dough, it should be easy to form and but not sticky. If the dough sticks, dust with flour. Put the dough ball on the cutting board. Use hands to press it down, then get the rolling pin and compress it into a sheet of dough. Roll the sheet into a cylinder, and kneed it again. Repeat several times. Compress dough into a sheet. Use the cookie cutter to cut the pieces. Place the pieces on the backing sheet. The remainder of the dough is kneaded once again and made into a sheet once again. Use the cookie cutter again and repeat until all of it its cut into circles and on the baking tray.

Place the batch of biscuits into the oven for about 12 minutes. When done, they should have expanded (puffed up). Take them out of the oven and let them cool. They have sweetness to them and should be eaten plain with a glass of milk. Also they are better for your health! Enjoy.