



Mini Whole Wheat Biscuits with Cheddar Cheese

Makes approx. 50 mini-biscuits ~ \$3.34 (\$.07 per biscuit)

Ingredients

- 1 cup all-purpose white flour
- 1 cup whole wheat flour
- 4 tsp. baking powder
- 1/2 tsp. salt
- 1/2 tsp. of cayenne pepper (depending on taste & spice)
- 1 tsp. smoked paprika (but regular paprika will do just fine)
- 1/4 cup (2 oz.) unsalted butter, cut in small pieces and chilled
- 1 cup (ca. 4 oz.) freshly grated, sharp cheddar cheese (can be low fat)
- 3/4 cup milk (2%, or whatever you have)

Directions

1. In a food processor, pulse flour, baking powder, salt, spices and butter until mixture is the texture of course cornmeal. Add cheese and milk, processing until dough clings together and forms a ball. If it seems dry, add a little more milk.
2. Preheat the oven to 450°. Roll out the dough on floured board to approximately 3/4 inch thick. Cut into small rounds using a small glass or cookie cutter (approx. 1 to 1-1/2").
3. Bake 12 -15 minutes, until they are golden. Check after 10 minutes to ensure that biscuits don't burn. Cool slightly, split and fill with favorite toppings—caponata, cream cheese mixtures, seafood dishes, etc.

* NOTE: Depending on how earthy you want the biscuits, you can add less or more whole wheat flour. Take your fillings into consideration. Cheese and seafood tend to do better in a lighter biscuit, where as vegetables tend to do better in a heartier whole wheat biscuit.

Recipe courtesy of Mary Pat Butler

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