

EINKORN BISCUITS

★ ★ ★ TOP 3 RECIPE WINNER

YOUNG LIVING
PRODUCTS USED:

*Gary's True Grit
Einkorn Flour*

2 cups Gary's True Grit Einkorn Flour
1½ tablespoons baking powder
1 teaspoon salt
1/3 cup vegan shortening
1 tablespoon honey
1/2–¾ cup milk

Preheat oven to 425°F.

In a large bowl, whisk together flour, baking powder, and salt. Cut in shortening with a pastry cutter until the mixture resembles coarse meal. In a separate bowl, add honey to the milk and mix thoroughly. Gradually stir in milk until dough pulls away from the side of the bowl.

Turn out the dough onto a floured surface and knead 10–15 times. Pat or roll dough out to 1 inch thick. Cut biscuits with a large cutter or glass dipped in flour. Repeat until all the dough is used. Brush off excess flour and place biscuits onto an ungreased baking sheet.

Bake for 13–15 minutes or until edges begin to brown.

by Heidi Ellis
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YOUNG LIVING
ESSENTIAL OILS

