

Whole Grain Biscuits

adapted from Best Gourmet Recipes from the chefs of Five Loaves

Deli & Bakery

Ingredients

- 1 package rapid rise yeast (2 ¼ t.)
- 1/3 c. warm water
- 1 T. agave or honey
- ½ c. raw unsalted cashews
- 2/3 c. water
- ½ c. whole grain spelt flour
- 2 c. whole wheat pastry flour, more as needed
- 1 t. salt

Instructions

1. Place the 1/3 c. warm water in bowl and stir in the sweetener and yeast.
2. Blend cashews and 2/3 c. water in blender until smooth. Place in bowl with dissolved yeast mixture.
3. Stir in flours and salt.
4. Knead lightly for 1-2 minutes, adding more flour as needed.
5. Pat out on floured surface ½ inch thick and cut into biscuit shapes.
6. Let rise 25 minutes.
7. Bake at 350° for 15 minutes. Brush tops with melted vegan butter and enjoy!

Low Sugar Blueberry Chia Jam

Combine 2 c. blueberries (fresh or frozen), 1 T. organic cane sugar, 1 t. fresh lemon juice in pot and bring to a boil. Mash to desired chunkiness. Reduce heat, cook 5 minutes, boiling very gently. Remove from heat and stir in ½ T. chia seeds. Mix and let sit for 30 minutes. Refrigerate or freeze. Add more lemon juice for tang or a bit more sugar for a sweeter jam. Enjoy!

Honey Blueberry Jam

Combine 2 c. blueberries (fresh or frozen), 2 T. honey, 2 t. fresh lemon juice in pot and bring to boil. Mash to desired chunkiness and reduce heat. Simmer for 30 minutes. Cool. Refrigerate or freeze.