

## Honey Nut Coffee Cake Biscuits

1-2 T vegan butter      ¼ c **honey** or brown sugar      ¼-1/3 c chopped nuts      1 batch or can biscuits

If using walnuts, do not skimp as they are high in Omega 3. Make biscuit dough. Put all but biscuits in an 8" pie pan and microwave or warm in oven until vegan butter melts and mix/distribute nuts around pan. Either arrange biscuits on top or spread biscuit dough as a whole over top or roll dough into a circle and place on top, folding edges up along edge if needed. Bake biscuits per the recipe. Invert pan immediately on serving plate. Cool 1 minute before removing pan. Can assemble everything the night before and cook when needed!

## Pineapple Turnover Biscuits

½ c crushed pineapple, drained, or ¾ c chunks pureed      ¼ c brown sugar      ½ tea cinnamon  
¼-1/3 c chopped nuts      1 batch or can biscuits

If using walnuts, do not skimp as they are high in Omega 3. Make biscuit dough. Put all but biscuits in an 8" pie pan and mix/distribute nuts around pan. Either arrange biscuits on top or spread biscuit dough as a whole over top or roll dough into a circle and place on top, folding edges up along edge if needed. Bake biscuits per the recipe. Invert pan immediately on serving plate. Cool 1 minute before removing pan. Can assemble everything the night before and cook when needed! Or to be fancy, can put a walnut half into the bottom of a muffin tin then divide sauce among 9 cups and top with a biscuit-cook according to recipe for biscuit.

## Orange Turnover Biscuits

Make as for pineapple only use ½ c orange juice. If making juice from concentrate, use 2T heaping concentrate to give it more orange zing. Can put the nuts in the food processor to chop, just add some of the water from the OJ to prevent nuts from becoming nut butter. Or blend ½ OJ & ½ pineapple chunks, maybe add some banana?

**Buttermilk Biscuit Recipe modified from** <http://www.veganbaking.net/recipes/breads/enriched-breads/quick-breads/basically-buttermilk-biscuits>

### 425 degrees

½ cup non-dairy milk<sup>1</sup> *plus 3T*      1 T lemon juice      2T vinegar  
2 cups all-purpose flour      ½ tea baking soda (exactly)      1 T baking powder  
¼ cup applesauce      2 Tablespoon sugar or splenda      1 teaspoon salt      2T rice flour or arrowroot powder

Tips to have them rise without the fat: <sup>1</sup>-soymilk has most fat/causes most rising. Ensure ingredients are chilled before use (applies to all biscuit recipes). In a medium bowl, whisk together non-dairy milk lemon juice and vinegar. Let sit in freezer or refrigerator for about 10 minutes so the non-dairy milk curdles (ie buttermilk substitute). Mix flour and dry ingredients.

Maximum fluffiness: For maximum fluffy biscuits add the additional 3 T non-dairy milk to the wet ingredients so that it is more like a batter than a dough and do drop biscuits because will be too sticky to roll. Next maximum is to flour hands and pat biscuits into a circle shape. Risking least fluffy by rolling out because you add the most flour here.

**All methods:** Mix applesauce and non-dairy milk mixture. Add wet to dry and mix just enough to moisten. (reduce handling =fluffier biscuits). Spray a 9 x 13" **glass** pan. Drop or pat the dough into a circle that is 1" high. Place biscuits next to each other (forcing them to rise as they bake vice expand horizontally) and bake for 11 minutes until just done.

If made with 60 cal/cup non-dairy milk & splenda = 57 cal each if recipe makes 8 biscuits or 76 calories for 6 biscuits/batch. **Bisquick-using non dairy 60 cal almond milk=95 calories each at 9 per batch**