

Basic Biscuits

adapted from Best Gourmet Recipes from the chefs of Five Loaves Deli & Bakery

Ingredients

- 1 package rapid rise yeast
- 1/3 c. warm water
- 1 T. agave or honey
- ½ c. cashews
- 2/3 c. water
- 2 c. white spelt flour, more as needed
- 1/2 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.
3. Stir in flour and salt.
4. Knead lightly for 2-3 minutes until smooth, adding more flour as needed.
5. Roll out on lightly floured surface ½ inch thick and cut into biscuit shapes.
6. Let rise 15-20 minutes.
7. Bake at 350° for 15 minutes until nicely browned.

***Variation:** Add caraway, chives, or other favorite herbs. Add some vegan cheese shreds for cheesy biscuits!*

Skill is required to make good light bread. There is religion in good cooking.
Child Guidance 374