

KEFIR WHOLE WHEAT BISCUITS

Tip: best when using fresh ground whole wheat flour

4 C. whole wheat flour
2 Tbsp. baking powder
1 tsp. baking soda
 $\frac{2}{3}$ C. chilled butter
 $\frac{1}{2}$ C. liquid Kefir
2 Tbsp. kefir grains (optional)

1. Mix flour, baking powder & baking soda well. Cut in butter until mixture resembles small bread crumbs. Puree kefir grains with liquid kefir and mix into dough just enough to make a soft dough.



Tip: knead dough gently and not too much for softer texture.

2. Knead gently so dough forms a mass, adding a little more flour if needed. Gently pat dough to $\frac{3}{4}$ inch thickness. Cut in squares with serrated knife (so it doesn't seal) and place on cookie sheet $1\frac{1}{2}$ inch apart. Brush lightly with water for a crisp crust and bake at 400° for 10 minutes.

