

Buckwheat Biscuits

Makes about 10 biscuits

Ingredients

- 1 Cup buckwheat flour
- 1 ½ tsp baking powder
- ¼ tsp salt
- 4 Tbs oil (preferred Olive Oil)
- 1 ½ tsp sugar
- 2 Tbs applesauce
- ½ cup milk

Directions

Step 1: Preheat the oven to 400 F

Step 2: In a bowl flour, baking powder, salt, and sugar

Step 3: Stir in the oil and applesauce until the mixture looks 'pebbly' in appearance

Step 4: Add in milk. The batter will be fairly wet looking, though it will thicken as it sits

Step 5: Line a baking sheet with parchment paper. Scoop the dough onto a parchment paper-lined baking sheet into ten equal biscuits.

Step 6: Bake the biscuits for 10-12 minutes, until puffed and springy to the touch

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