



The Kendrick Family Biscuit Recipe

Using Sprouted Einkorn Flour

Submitted by Suzanne at www.realfoodlifestyle.com

- 3 cups sprouted einkorn flour
- 3 teaspoons baking powder
- 2 teaspoons salt
- 4 Tablespoons butter or lard
- 1/8 teaspoon baking soda
- 1 cup thin vili culture yogurt (can substitute buttermilk, cultured milk, or kefir).

Preheat oven to 375 degrees.

1. Mix together flour, salt and baking powder. You can sift it into a bowl, or you can just put in the bowl and whisk together well. (If you prefer to use a food processor, you first put in dry ingredients and pulse a couple of times for 5 seconds each time.)
2. Cut or rub in 4 Tablespoons butter or lard until it's a small seed like consistency. (You can also cut this in with a Food Processor as well.)
3. Put 1/8 teaspoon baking soda in the bottom of a glass measuring cup. Add the 1 cup of thin yogurt, buttermilk or cultured milk and stir well - until you can see the bubbles on the top, which means that the soda and the liquid have begun to act with each other.
4. Mix the liquid into the dry ingredients stirring to mix well, but not over stirring. (If you use the Food Processor, do not over mix).
5. Turn the dough out on floured parchment paper. Roll out lightly and cut with a biscuit cutter. (Yes, you can use a glass or a mason jar -- only it presses the dough down so your biscuits may not rise as high. Also remember to flour your cutter before each cut.)
6. Bake in a 375 degree oven for about 15 to 20 minutes. They will brown lightly on top.
7. Enjoy with butter, honey, jam, or with eggs, sausage and sausage gravy.