Clara Helvey

Junior

Grains

Smith County

Healthy Farmhouse Biscuits

2 cups whole wheat flour
1/2 teaspoon salt
1/2 teaspoon cream of tartar
4 teaspoons baking powder
2 teaspoons sugar
1/4 cup of coconut oil
1/4 cup unsalted butter
2/3 cup milk

Sift dry ingredients together. Cut in coconut oil and softened butter, until mixture resembles coarse crumbs. Add milk. Stir until dough follows fork around the bowl.

Roll out and cut. Bake at 450 degrees for 10 to 12 minutes.

Serve warm with your favorite topping of butter, jelly, honey or gravy.