

---

# Coconut Whole Wheat Biscuits

*Jessica D'Ambrosio, Richmond Flores, Melissa Gaman, Khalil Hymore, Steve Jackson and Jackie Park*  
*Food Network Magazine - July/August 2021*

Bake Time: 25 minutes

**2/3 cup all-purpose flour**  
**2/3 cup whole-wheat flour**  
**1/4 cup coconut flour**  
**1 tablespoon baking powder**  
**1 1/2 teaspoons Kosher salt**  
**6 tablespoons diced cold butter**  
**3/4 cup buttermilk**  
**buttermilk (for brushing)**  
**salt (for sprinkling)**  
**hemp hearts (for sprinkling)**

Preheat the oven to 425 degrees.

In a large bowl, whisk together the all-purpose flour, whole-wheat flour, coconut flour, baking powder and Kosher salt.

Work in the cold butter. Stir in the buttermilk and knead a few times.

Pat the mixture on a floured surface until 1/2 inch thick. Fold into thirds and pat into a one-inch-thick rectangle. Cut into eight squares.

Brush the squares with buttermilk and sprinkle with salt and hemp hearts.

Bake on a baking sheet in the oven for 20 to 25 minutes.

Yield: 8 biscuits

## **Breads, Muffins**

---

*Per Serving (excluding unknown items): 650 Calories; 4g Fat (5.3% calories from fat); 25g Protein; 133g Carbohydrate; 12g Dietary Fiber; 6mg Cholesterol; 4481mg Sodium. Exchanges: 8 Grain(Starch); 1/2 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.*