

Sweet Potato Biscuits

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Yield: 16 biscuits

*3 cups all-purpose flour
1 tablespoon baking powder
1/2 teaspoon baking soda
1 1/2 teaspoons salt
6 tablespoons unsalted butter, cut into
small cubes and chilled
1 cup canned sweet potato puree',
canned
3/4 cup buttermilk*

Preparation Time: 20 minutes

Bake Time: 12 minutes

Preheat the oven to 425 degrees.

In a large bowl, sift the flour, baking powder, baking soda and salt.

Using your hands, rub the butter cubes into the flour until pea-sized pieces form.

In a bowl, whisk the sweet potato puree' and buttermilk. Add to the flour-butter mixture. Combine with a fork until just blended. Turn onto a lightly floured surface.

Knead the dough for one minute and roll to one-half inch thickness (Do not overwork or the biscuits will be tough). Use a 2-1/2-inch round biscuit cutter and cut into sixteen circles (re-rolling the dough scraps as necessary). On two baking sheets, place the dough circles two inches apart.

Bake for 10 to 12 minutes, until just beginning to brown.

Per Serving (excluding unknown items): 2056 Calories; 74g Fat (32.7% calories from fat); 46g Protein; 298g Carbohydrate; 10g Dietary Fiber; 193mg Cholesterol; 5499mg Sodium. Exchanges: 19 Grain(Starch); 1/2 Non-Fat Milk; 14 Fat; 0 Other Carbohydrates.