

The Persnickety Biscuit's

Whole Wheat Apple Cinnamon Biscuits

<http://persnicketybiscuit.com>

Ingredients:

- 2 cups low-protein (2 g/serving) whole wheat flour
- 1 tablespoon aluminum free baking powder
- ½ teaspoon baking soda
- 1 teaspoon cinnamon
- ½ teaspoon salt
- ¼ cup brown sugar
- ¼ cup butter, frozen and cut into small pieces
- ¼ cup butter-flavored Crisco, frozen and cut into small pieces
- 1 tart apple, peeled and shredded
- 1 teaspoon vanilla
- ½ cup ricotta cheese
- ½ cup buttermilk
- About ¼ cup all purpose flour (for folding and cutting out dough)

Directions:

- Heat oven to 425 degrees. Cover cookie sheet with parchment paper.
- Put the first six dry ingredients into a food processor and pulse for 20-30 seconds to blend thoroughly.
- Add butter to dry ingredients and pulse food processor 15-20 times until butter has been incorporated and the bits that remain are about the size of a pea.
- Add shortening to food processor and pulse 15-20 times until shortening has been incorporated and the bits that remain are about the size of a pea. Transfer to a medium bowl.
- Using the shredding attachment of the food processor, shred the apple. Add to the dry ingredients and mix to coat the apple and break up shredded pieces so that they are loose in the mixture. You do not want them to all stick together.
- Combine vanilla, ricotta, and buttermilk in a small bowl. Whisk together.
- Make a well in the center of the dry ingredients and add the buttermilk mixture. Mix quickly with spatula or hands, turning bowl and gently scooping the dry

ingredients into the wet. Add more buttermilk, if needed, to make dough moist but not too wet.

- Sprinkle flour onto countertop or pastry board. Dump dough out of bowl onto flour. Sprinkle flour onto dough and rub onto hands. Press dough together and flatten to about 1/2 inch. Fold dough in half. Repeat three times. A pastry scraper can be really helpful to lift up the dough. Keep adding a little flour as needed to keep the dough from sticking.
- Press out to about $\frac{3}{4}$ of an inch high. Using a biscuit cutter or tin can, cut out biscuits. Transfer to cookie sheet. Place biscuits close together on cookie sheet, or 1 inch apart if you want crispier biscuits. Press scraps together and cut out remainder of biscuits.
- Put cookie sheet in oven and bake for about 20 minutes, until tops of biscuits are slightly browned. If you wish, take the biscuits out of the oven a couple of minutes before they are done and brush the tops of the biscuits with butter, sprinkle with cinnamon sugar, then return them to the oven.
- Remove from oven, let rest a few minutes, then break apart and eat!
- Share with someone you love.