

Buckwheat Flour Biscuits

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100% buckwheat flour biscuits that are both soft and fluffy!

These are soft in texture, kind of like a muffin top. You can add in other ingredients to change the flavor. Some people will add a touch of brown rice syrup, coconut oil, butter or even cheese to the muffin to add some flavor. They are easily customizable to your taste buds!

Servings: 10 Biscuits

Prep Time: 5 Minutes

Cook Time: 12 Minutes

Ingredients



1 1/2 tsp	baking powder
1/4 tsp	sea salt
4 tbsp	olive oil
2 tbsp	applesauce ((sweet potato and pumpkin will also work))
1/2 cup	buttermilk

Instructions

1. Preheat the oven to 400 degrees.
2. In a bowl, mix the dry ingredients (flour, baking powder, salt)
3. Stir in the oil and applesauce until the picture looks 'pebbly' in appearance.
4. Add in the buttermilk
5. The batter will be fairly wet looking, though it will thicken as it sits.

6. Using an ice cream scoop or an equal-sized utensil, dollop the dough onto a parchment paper-lined baking sheet into ten equal biscuits.
7. Bake the biscuits for 10-12 minutes, until puffed.

Notes