



# Whole Wheat Walnut Biscuits

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Recipe Source: [www.kingarthurfLOUR.com](http://www.kingarthurfLOUR.com)

Yield: About a dozen 2-inch biscuits

## Ingredients:

2 cups white whole wheat flour  
1 cup all-purpose flour  
2 ½ tsp baking powder  
1 tsp salt  
½ cup cold unsalted butter  
1 cup chopped walnuts  
1 large egg  
1 cup buttermilk

## Steps:

- Preheat the oven to 425°. Line a baking sheet with parchment paper.
- Whisk together the flours, baking powder, and salt in a large mixing bowl.
- Cut the butter into pats, then work it into the dry ingredients to form coarse crumbs. Toss in the nuts.
- Whisk together the egg and milk. Add to the flour mixture and blend lightly until the dough is just evenly moistened. Do not overwork the dough or your biscuits will be tough!
- Turn the dough onto a lightly floured work surface (it's okay if it is still a bit shaggy). Fold it over on itself three or four times until it comes together. Again, use a gentle hand and do not overwork the dough.
- Pat the dough into a 1-inch thick circle. Use a 2-inch biscuit cutter to cut rounds. Pat the scraps together and cut additional biscuits.
- Transfer biscuits to the prepared pan and bake 10-12 minutes until tops are just golden. Remove from oven and serve warm.

*Tips from the Test Kitchen: Both white and red whole wheat flours are considered whole grains. You can use white whole wheat or red whole wheat flour in this recipe, but white whole wheat will yield a lighter biscuit with less of a "wheat" taste. The keys to good, tender biscuits are to use cold milk and butter and do not handle the dough any more than necessary.*

**Nutritional Facts (per serving):** Calories: 256, Carbohydrates: 26 grams, Protein: 7 grams, Total Fat: 15 grams, Saturated Fat: 6 grams, Cholesterol: 37 mg, Sodium: 241 mg, Fiber: 3 grams, Total Sugars: 1 gram.