

Sweet Potato Biscuits with Orange Honey Spread

Yield 6-8 Biscuits

For the biscuits

1 C	cooked sweet potato
2 ½ C	all purpose flour
1/3 C	whole wheat flour
1 t	cinnamon
1 t	baking powder
½ t	baking soda
½ t	salt
1/3 C	butter, very cold
½ C	fat free milk
3 T	honey
As needed	flour
As needed	milk

For the spread

1 C	low fat cream cheese
2 T	honey
1 T	orange zest.
1 t	vanilla
1 T	fresh orange juice

Equipment

Bowl
 Fork
 Food processor
 Measuring cups
 Measuring spoons
 Rolling pin
 Knife
 Baking sheet

Make the biscuits

- Preheat the oven to 400 F.
- Place the sweet potatoes in a bowl. Mash with a fork.
- In a mixing bowl add the flour, corn meal, baking powder, baking soda and salt. These are the dry ingredients.
- Stir the dry ingredients together with a fork or clean hands.
- Add the butter and squish the butter in between your fingertips. Keep squishing until the mixture resembles coarse meal.
- Add the sweet potatoes, milk and honey. Mix until just combined.
- Sprinkle flour onto the work space. Place dough on top of flour.
- Roll the dough with a rolling pin into a rectangle about 1/2 inch thick.
- Fold the dough like a letter- fold the top 1/3 into the center. Then fold the bottom 1/3 on top. Roll dough out again into a square. Cut out 16 pieces.
- Place biscuits onto a baking sheet.
- Lightly brush the tops of the biscuits with milk.
- Place in the oven. Bake for 15 min or until golden.

Make the spread

- Place all ingredients in the food processor. Pulse until combined.

Serve

- Serve the biscuits with the spread

