



Spiced Pumpkin Biscuits

- 9 oz. sprouted wheat, spelt, or millet flour (about 2 cups), plus extra
 - 1 ¼ teaspoons pumpkin pie spice
 - 1/3 cup plus 2 tablespoons full-fat buttermilk
 - 5 tablespoons cold organic butter, cut into small pieces
 - 2 ½ teaspoons aluminum-free baking powder
 - ½ teaspoon sea salt
 - ¾ cup organic canned pumpkin, or fresh baked pumpkin, pureed
 - 3 tablespoons honey
1. Preheat oven to 400 degrees. Combine flour, baking powder, pumpkin pie spice, and salt in a large bowl. Cut in butter until mixture resembles coarse meal. Chill 10 minutes.
 2. Combine buttermilk and honey with whisk until well blended. Add canned pumpkin and blend well.
 3. Combine buttermilk, honey and pumpkin mixture with flour mixture until moist. Turn dough out onto a lightly floured surface; knead lightly 4 times.
 4. Roll dough into a ½-inch thick 9x5" rectangle and dust top with flour. Fold dough crosswise into thirds. Reroll dough and repeat process. Gently roll or pat to a ¾" thickness.
 5. Using a biscuit cutter cut about 14 biscuits from dough. Place biscuits 1 inch apart on a baking sheet lined with parchment paper.
 6. Bake at 400 degrees for 14 minutes or until golden. Remove from pan. Cool 2 minutes on wire racks. Serve warm with lots of butter.