

Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

Sweet Potato + Pecan Biscuits

5 cups organic spelt flour
1 cup packed light brown sugar
2 tbsp baking powder
1 1/2 tsp ground cinnamon
1 tsp salt
1/2 tsp ground allspice
1 cup grass-fed butter, cold
2 cups roasted, mashed, and cold sweet potatoes
1 1/4 cup buttermilk
1/2 cup coarsely chopped pecans
1 egg, beaten
1 tbsp water

Preheat oven to 425 degrees.

In a large mixing bowl, whisk together the flour, brown sugar, baking powder, cinnamon, salt, and allspice. Cut in the butter with a pastry blender until crumbly. Refrigerate this while you mix together the sweet potatoes, cream and pecans.

Remove from the refrigerator, make well in dry ingredients and add potato-cream mixture. Stir to mix the two together. Turn the dough out onto a lightly floured surface. Carefully roll it into a rectangle, 1 1/2 inches thick. Cut out with a 2-inch floured biscuit cutter. Place biscuits 1-inch apart on ungreased baking sheets.

Mix the beaten egg with water and brush the tops of the biscuits with egg mixture. Bake for 5 minutes, then turn down temperature to 375 and bake for another 10 to 15 minutes until golden brown. Let cool on a wire rack until room temperature. Makes about 18 biscuits.



Recipe courtesy of Lynn Ogryzlo
Photograph courtesy of www.bakingamoment.com

Episode #31: Giving Thanks

Email Lynn with questions or comments at
lynnogryzlo@gmail.com

Because What You Put In Your Body Matters!