

Cranberry-Cornmeal Biscuits

Good Housekeeping – Grains

Featuring: Cornmeal

From: North American corn/dried maize

Serves: 12 individuals, 1 biscuit each, \$1.03 per serving

Ingredients

- 1 ¼ cups cornmeal
- ¾ cup all-purpose flour
- ½ cup dried cranberries, chopped
- 2 tablespoons sugar
- 2 tablespoons baking powder
- ½ teaspoon salt
- 4 tablespoons butter or margarine, melted
- ¾ cup milk



These biscuits can be served as an addition to all primary meals – breakfast, lunch, and dinner!

Directions

1. Preheat the oven to 400°F. Grease a large cookie sheet.
2. Stir all ingredients except the melted butter in a medium bowl. When all ingredients are combined, stir in the melted butter and milk stirring until a soft dough texture forms.
3. Portion the dough into pieces that are ¼ cup in size.
4. Drop the pre-portioned dough onto a prepared cookie sheet.
5. Bake biscuits until golden color is visible – about 15 minutes
6. Cool biscuits slightly before serving warm, or cool completely to serve later.
7. Biscuits can be reheated at 325°F F for 5 minutes.
8. Optional: Drizzle melted butter atop sliced biscuit and serve.

Nutrition Information: Serving size: 1 biscuit, 150 calories per serving, 36 calories from fat, 4g total fat, 1g saturated fat, 0g trans fat, 13mg cholesterol, 23g total carbohydrate, 2g dietary fiber, 6g sugar, 3g protein, 8% vitamin A, 0% vitamin C, 3% calcium, and 7% iron – based on a 2,000 calorie diet.

DM Exchange: 1 ½ CHO, 1 fat