

Angel Biscuits (with White Whole Wheat Flour)

Makes: 20 or 100 servings

Ingredients	20 Servings		100 Servings	
	Weight	Measure	Weight	Measure
White Whole Wheat Flour	11 oz		3 lb 7 oz	
All-purpose flour	9 oz		2 lb 13 oz	
Yeast, instant	1/2 oz	2 1/2 tsp	2 1/2 oz	1/4 cup 1/2 tsp
Sugar, granulated	2 oz	1/4 cup	10 oz	1 1/4 cup
baking powder		1 tsp		1 Tbsp 2 tsp
Baking soda		1 tsp		1 Tbsp 2 tsp
Salt		1 tsp		1 Tbsp 2 tsp
Vegetable shortening	4 oz	1/2 cup	1 lb 4 oz	
Buttermilk, low-fat	1 lb	2 cups	5 lb	2 qts 2 cups
Flour for kneading: White Whole Wheat Flour	1 oz	1/4 cup	5 oz	1 1/4 cup

Directions

1. Combine flours, yeast, sugar, baking powder, baking soda and salt in mixing bowl using a paddle attachment on low speed.
2. Cut shortening into dry ingredients with paddle attachment until mixture looks like coarse meal (about 2 minutes).
3. Add buttermilk to flour mixture, mix just until ingredients are moistened.
4. Cover and chill 1 hour.
5. Turn the dough out onto a floured surface; knead lightly 5 times.
6. Roll dough into a 1/2 inch thickness; cut with a 2 1/2 inch biscuit cutter. Biscuits should weight approximately 2 oz

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	128	
Total Fat	6 g	
Protein	3 g	
Carbohydrates	17 g	
Dietary Fiber	2 g	
Saturated Fat	1 g	
Sodium	232 mg	

each.

7. Place the biscuits on a paper lined sheet pan.

8. Bake in a convection oven at 450° F for 9 minutes or a conventional oven at 475° F for 12 minutes, or until golden brown.