

SHOPPING LIST

BISCUITS

- all-purpose flour
- sugar
- salt
- baking powder
- cream of tartar (optional – just helps the biscuits to rise better)
- cold butter
- egg
- milk

JAM

- blueberries
- maple syrup, honey or raw sugar
- lemon
- water

MATERIALS NEEDED

BISCUITS

- large bowl
- baking sheet
- round cutter/glass
- parchment paper (optional – makes cleanup a breeze)
- pastry cutter or two forks
- pastry brush (optional – to brush melted butter on biscuits hot from the oven)

JAM

- small saucepan
- spoon or spatula

BISCUITS

Makes 9-12 biscuits

Biscuits are really easy to make from scratch. You can serve them for dinner, make sandwiches with them, or whip them up for a quick breakfast along with some fresh jam!

Ingredients

- 3 cups all-purpose flour
- 3 tablespoons sugar
- ½ teaspoon salt
- 4 teaspoons baking powder
- ½ teaspoon cream of tartar (optional)
- ¾ cup COLD butter (1.5 sticks), cut into small pieces
- 1 egg
- 1 cup whole milk

Instructions

1. Preheat oven to 450 degrees.
2. The secret to good biscuits is COLD BUTTER. Try cutting the butter into small pieces and stick back in the fridge pulling out only when ready to incorporate into the dough.
3. Combine the dry ingredients in a large bowl.
4. Use two forks or pastry cutter to cut cold butter into flour mixture. You want small, pea-sized pieces of butter throughout the dough.
5. Add in the milk and egg and mix just until the ingredients are just combined. The dough will be sticky but don't keep working it. You should be able to see the butter pieces in the dough.
6. Turn the dough out onto a generously floured surface. Sprinkle some flour on to the top of dough so it won't stick to your fingers and knead 10-15 times. If the dough is super sticky just sprinkle on some additional flour.
7. Pat the dough out to ¾ - 1 inch thick and cut with a biscuit cutter or glass. Depending on the size of your cutter/glass you get 9-12 biscuits.
8. Place the biscuits on a lightly greased baking sheet or parchment lined baking sheet and bake for 10 to 15 minutes or until golden brown on top.
9. For extra yumminess, brush the tops of the biscuits with melted butter when they come out of the oven.

Blueberry Jam

Makes 1 cup

Most jams are filled with excess sugar. Using fresh summer blueberries, this jam is quick and perfect to go with fresh biscuits, or use it warm as a thick sauce for pancakes. You can also use frozen blueberries to make this healthy treat year round.

Ingredients

- 2 cups fresh blueberries
- 2 tablespoons water
- 1 tablespoon maple syrup, honey or raw sugar
- 1 tablespoon fresh lemon juice

Instructions

1. Combine all the ingredients in a small saucepan and cook over medium-low heat for 15 minutes, stirring a few times.
2. Remove from heat and let cool to thicken. This will keep in the refrigerator for a week.