

Blueberry Biscuits

Ingredients:

BISCUITS

2 cups Flour
1 cup milk, cold
 $\frac{1}{3}$ cup sugar
5 tablespoons of butter (cold or frozen)
4 teaspoons baking powder
1 teaspoon salt
3 ounces blueberries, fresh or dried

GLAZE

1 cup powdered sugar
 $\frac{1}{8}$ cup water
1 teaspoon vanilla
 $\frac{1}{2}$ teaspoon lemon juice

Directions:

Preheat oven to 450 degrees fahrenheit. Mix salt, sugar, flour, and baking powder in a bowl. Add the super cold milk into dry ingredients and mix. As dough begins to form take each tablespoon of hardened solidified butter and break chunks off and spread evenly over dough. Fold dough, and knead, repeat until all butter is spread in chunks evenly throughout dough. Carefully fold in the blueberries. Move dough to floured cutting board and roll flat to about $\frac{1}{4}$ – $\frac{1}{2}$ thick (or to desired thickness) and cut approximately 6 blueberry Biscuits with a biscuit or cookie cutter. If you notice the butter start to melt (hot kitchen) during this process it may be necessary to return the dough to the freezer for 10-15 minutes. Do not exceed 20, as the baking powder's 1st stage may become inactive past that. Place in oven and bake for

about 7-12 minutes. Melt 1 tablespoon of low-fat butter in the microwave, and paint finished biscuits with pastry brush. Mix glaze ingredients in a bowl, and drizzle over Blueberry Biscuits with a fork.