

Blueberry Biscuits

Blueberry Biscuits with Vanilla-Lemon Glaze

Ingredients:

Biscuits:

- 2 cups all-purpose flour
- 1 cup cold milk
- 1/3 cup granulated sugar
- 5 tablespoons cold or frozen butter
- 4 teaspoons baking powder
- 1 teaspoon salt
- 3 ounces fresh or dried blueberries

Glaze:

- 1 cup powdered sugar
- 1/8 cup water
- 1 teaspoon vanilla extract
- 1/2 teaspoon fresh lemon juice

Instructions:

1. Preheat Oven:

- Preheat the oven to 450 degrees Fahrenheit (230 degrees Celsius).

2. Prepare the Dough:

- In a large mixing bowl, combine the salt, sugar, flour, and baking powder.
- Gradually add the cold milk to the dry ingredients, mixing until a dough begins to form.
- Cut the cold or frozen butter into small chunks and distribute evenly over the dough. Fold and knead the dough, repeating until all the butter is evenly distributed in chunks throughout the dough.
- Gently fold in the blueberries until evenly distributed.

3. Shape and Bake:

- Transfer the dough to a floured cutting board and roll it out to a thickness of about 1/4 to 1/2 inch (or to your desired thickness).
- Use a biscuit or cookie cutter to cut approximately 6 blueberry biscuits from the dough.
- If the butter starts to melt during this process (especially in a hot kitchen), return the dough to the freezer for 10-15 minutes to firm up. Do not exceed 20 minutes, as the first stage of the baking powder may become inactive beyond that point.
- Place the biscuits on a baking sheet and bake for about 7-12 minutes, or until they are golden brown.

4. Prepare the Glaze:

- In a small bowl, mix together the powdered sugar, water, vanilla extract, and fresh lemon juice until smooth.

5. Serve:

- Once the biscuits are finished baking, melt 1 tablespoon of low-fat butter in the microwave and brush it over the finished biscuits with a pastry brush.
- Drizzle the vanilla-lemon glaze over the blueberry biscuits using a fork.