

# Biscuits with Garlic and Rosemary

*Breads, Brunch, Nut free, Soy Free*



PREP TIME: 10 MINS  
COOK TIME: 20 MINS

DIFFICULTY: MEDIUM  
SERVINGS: 12-18



## *Ingredients*

2½ c unbleached, unbromated all purpose flour  
4 t baking powder  
1 t unbleached salt  
1 large garlic clove, minced  
2 T rosemary leaves  
1 t maple syrup  
½ c vegan feta  
½ c coconut oil or non-dairy butter  
1 c non-dairy milk



## *Directions:*

- Pre-heat oven to 425 degrees.
- Combine first 4 ingredients then add butter to meal or pea consistency.
- Add garlic, tomato and basil then add milk.
- Separate into equal portions on baking sheet.
- Bake x 20 minutes

*Notes:*



PS

This is a delicious savory biscuit. Ensure that you use only UNBLEACHED and UNBROMATED Flour. King Arthur makes flour that is never bleached or bromated.

I chose to use xylitol in the biscuits because it is a mild all natural sugar and has the benefit of not increasing blood sugar levels. It is a great sugar to use for anyone, but especially diabetics and those on a weight transformation program.

Though the flour will affect the blood sugar levels, xylitol will not. It is teaspoon for teaspoon equivalent of table sugar, but does not increase blood sugar levels. There is no taste change either.

Just complete deliciousness and enjoyment. Enjoy!

