

# ONION BISCUITS

Oh so yummy!

1 TBSP Olive or Canola Oil  
½ cup of finely chopped onions  
1 ½ cups of whole wheat pastry flour  
1 ½ tsps baking powder  
1/8 tsp sea salt  
3 TBSP of soy margarine (chilled)  
½ cup of soy milk

Preheat oven to 425° and lightly oil a baking sheet. In a small pan heat the oil over medium heat then add onion and cook until tender and translucent. Put to the side.

In a large bowl combine flour, baking powder and salt. Stir with a whisk. Cut the margarine into the dry mixture with a fork until the mixture resembles coarse corn meal. Add the onions and soy milk and mix just until dough is moistened and holds together.

Knead the dough gently on a lightly floured works surface for about 30 seconds. Roll the dough into a ½ inch thick round. Dip a biscuit cutter or glass in flour and cut the dough into rounds by pushing straight down. Do not twist. Put biscuits on prepared baking sheet about an inch apart and bake 12 to 15 minutes until light golden brown.

Makes about 1 dozen delicious warm biscuits  
Enjoy!

