



Pumpkin Biscuits

You can't get enough healthy pumpkin--try it as part of this yummy biscuit recipe.

You can use commercially canned or homegrown pumpkin for this recipe. If doing the latter, bake the pumpkin rather than boil it in order to get a drier, denser product. After scraping the baked flesh from the rinds, use an electric mixer to beat until smooth. Remove any tough, fibrous pieces that didn't cook down.

Ingredients

2 cups all-purpose flour ¼ cup brown sugar 1 tsp. salt 3 T. baking powder 1 tsp. cinnamon ½ tsp. nutmeg ¼ tsp. allspice 1/8 tsp. ginger 1/3 cup butter, cold ¾ cup pumpkin ¾ cup milk additional flour if needed

Preparation

Stir together dry ingredients. Using a pastry blender, cut in butter until mixture resembles coarse crumbs. Add pumpkin and milk, stirring just until ingredients are moistened and a soft dough forms. If the dough seems very soft, add more flour, a few tablespoons at a time, just until the dough is easy to handle.

On a lightly floured surface, roll out dough to a half-inch thick. Using a 2-inch biscuit or cookie cutter in a simple shape of your choice (such as a pumpkin or leaf), dip the cutter into flour, shake off excess and press into biscuit dough. Place biscuits on a lightly greased cookie sheet one-inch apart and bake at 450 degrees F for 8 to 12 minutes or until golden brown. Serve hot with butter and honey or apple butter. Makes about 12 biscuits.