

Chef Lauren Gockley has Kids Cooking Sweet Potato Biscuits with Orange Honey Butter

Serves 6-8

Biscuits

2 cups all purpose flour plus flour for dusting
1/3 cup corn meal
2 1/2 teaspoon baking powder
1/2 teaspoon salt
1/3 cup butter, very cold
1 cup mashed sweet potato
1/2 cup fat free milk plus a bit more for brushing the tops
2 tablespoons honey

- Preheat the oven to 400 F.
- Place all the dry ingredients together into a food processor. Add the butter and pulse until the mixture resembles coarse meal.
If you don't have a food processor, place the dry ingredients together in a bowl and cut in the butter with a pastry blender, or a fork.
- Add the remaining ingredients and mix until just combined.
- Turn dough out onto a heavily floured surface and roll it flat into a rectangle about $\frac{1}{2}$ inch thick.
- Fold the dough like a letter- the bottom 1/3 up toward the center and then fold the top down over it. Flatten with your hands—you should still have a rectangle
- Turn the dough 90° and repeat.
- Flatten or roll the dough until it's about $\frac{1}{2}$ thick
- With a cookie cutter or simply a small glass, cut out 16 pieces.
- Place biscuits onto a baking sheet—don't let them touch.
- Lightly brush the tops of the biscuits with milk.
- Bake in the oven for 15 min or until golden.
- Let cool and serve with Orange Honey Butter

Orange Honey Butter

1 stick of butter, softened
1/2 cup honey
1/2 teaspoon orange zest.

Combine all ingredients into a food processor and blend until thoroughly mixed.

Serving size = 1 teaspoon