

## Blueberry Biscuits

### Ingredients:

#### *Biscuits:*

- 2 c. flour
- 4 tsp. baking powder
- 1 c. milk, cold
- ⅓ c. sugar
- 5 Tbsp. of butter (cold or frozen)
- 1 tsp. salt
- 3 oz. blueberries, fresh or dried

#### *Glaze:*

- 1 c. powdered sugar
- ⅛ c. water
- 1 tsp. vanilla
- ½ tsp. lemon juice

### Directions:

1. Preheat oven to 450°F.
2. Mix salt, sugar, flour, and baking powder in a bowl. Add the super cold milk into dry ingredients and mix. As dough begins to form take each tablespoon of hardened solidified butter and break chunks off and spread evenly over dough.
3. Fold dough, and knead, repeat until all butter is spread in chunks evenly throughout dough. Carefully fold in the blueberries.
4. Move dough to floured cutting board and roll flat to about ¼ – ½-inch thick (or to desired thickness) and cut approximately 6 blueberry biscuits with a biscuit or cookie cutter. If you notice the butter starts to melt during this process it may be necessary to return the dough to the freezer for 10-15 minutes. Do not exceed 20 minutes, as the baking powder's first stage may become inactive past that.
5. Place in oven and bake for about 7-12 minutes. Melt 1 tablespoon of low-fat butter in the microwave, and paint finished biscuits with a pastry brush.
6. Mix glaze ingredients in a bowl, and drizzle over biscuits with a fork.