Whole Wheat Biscuits

1 cup sifted Stone-Buhr bread flour
1 tsp. baking powder
1 tsp. salt
1 cup Stone-Buhr whole wheat flour
1/4 cup butter, softened
3/4 cup milk

These biscuits are light, flaky and have a delicious whole wheat flavor.

Preheat oven to 450°F. In large bowl, sift together the bread flour, baking powder, and salt. Add the whole wheat flour; mix well. Cut in butter until mixture resembles coarse meal or crumbs. Make a hollow in the flour-butter mixture. Stir in enough milk to form a soft dough that gathers together and sticks to the mixing tool. Turn onto a lightly floured surface; knead with the heel of your hand 15 times. Roll 1/4 to 1/2 inch thick; cut biscuit shapes using a 2-inch circle cutter. With a broad spatula, lift cutouts to ungreased baking sheet. Place close together for soft sides, 1-inch apart for crusty sides. **Bake** for 10 to 12 minutes or until golden brown. Serve at once.

Makes 12 to 16 biscuits.

Stone-Buhr Bars ™

3/4 cup peanut butter
1/4 cup wheat germ
1/4 cup sesame seeds
2 ripe bananas
1/2 cup apple juice
1/2 cup chocolate chips
1/4 cup raisins
1 cup Stone-Buhr whole wheat flour
1 cup shredded, unsweetened coconut
1 cup whole, uncooked oats

Preheat oven to 350°F. In a small bowl, combine flour, oats, coconut, wheat germ and sesame seeds. Set aside.

In a large bowl, combine peanut butter, bananas and juice. Mix well, until creamy and smooth. Gradually add the dry ingredients to the wet ingredients. Mix thoroughly. Fold in chocolate chips and raisins.

Spread mixture into a greased 9" x 9" pan and **bake** for 25 minutes. Let cool for 5 to 10 minutes, then section into bars using a knife or spatula.

Zesty Alternative ~
- Substitute orange juice for apple juice
- Substitute almond butter for peanut butter
- Substitute dried cranberries for raisins
- Add 2 Tbsp. orange zest