



Sweet Potato Biscuits

The delicious flavor, texture, and color of these biscuits comes from using dark red sweet potatoes.

Yield: 9 large or 12 medium biscuits

Ingredients

- ½ cup milk
- 1 cup cooked and mashed dark red sweet potatoes
- 1 teaspoon salt
- 1/4 teaspoon nutmeg
- 2 tablespoons brown sugar
- 2 tablespoons maple syrup
- finely chopped zest from ½ orange
- large pinch cayenne (optional)
- 1 (13 oz) bag [Pamela's Biscuit & Scone Mix](#)
- ¾ cup (1½ sticks) butter, cubed and chilled

Directions

Preheat oven to 400° with rack in top third of oven.

Mix together milk, sweet potatoes, salt, nutmeg, brown sugar, maple syrup, orange zest, and cayenne in a medium bowl; set aside.

In a stand mixer with paddle attachment, mix together chilled butter and Biscuit & Scone Mix until small pea-size crumbs form in flour. Add rest of ingredients to mixing bowl and mix until just combined.

Spray a piece of parchment paper with nonstick cooking spray. Turn dough out onto parchment paper and make sure all flour from bowl is incorporated into dough. Using sides of parchment paper, shape dough into a rectangle. Spray another piece of parchment or wax paper with nonstick cooking spray and place sprayed-side-down on top of dough; flatten dough evenly into a 1½-inch-thick, 8 x 5-inch rectangle. Use dental floss to cut dough into 9 or 12 equal pieces, or use a biscuit cutter dipped each time in rice flour or a greased knife to cut out biscuits.

Transfer parchment paper to baking sheet. Separate biscuits from each other and bake for 20 to 23 minutes. Biscuits will be fragile after baking, so let cool 5–10 minutes before removing from sheet pan.

Serve warm with butter and honey.

NOTE: If you do not have a stand mixer, use a pastry cutter, two butter knives, or fingers to mix butter into flour until pea-size crumbs form. Use a large spoon to lightly mix liquids into flour mixture until just combined.

VARIATION: To make dairy-free biscuits, replace milk with orange juice and butter with Earth Balance or other dairy-free butter substitute.

© Pamela's Products, Inc.