

## Spiced Pumpkin Biscuits

Servings: 7-8

Adapted from

<http://www.myrecipes.com/recipe/spiced-pumpkin-biscuits-10000001853975/>

### Ingredients

1 cup all-purpose flour  
1 1/4 teaspoons baking powder  
3/4 teaspoon pumpkin pie spice\*  
1/4 teaspoon salt  
2 1/2 tablespoons chilled butter, cut into small pieces  
1/4 cup fat-free buttermilk  
1/3 cup canned pumpkin  
1 1/2 tablespoons honey

### Preparation

- 1) Preheat oven to 400°.
- 2) Pour flour into measuring cup and level with knife. Combine flour, baking powder, pumpkin pie spice, and salt in a large bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Chill 10 minutes.
- 3) Combine buttermilk and honey, stirring with a whisk until well blended; add canned pumpkin. Add buttermilk mixture to flour mixture; stir just until moist.
- 4) Turn dough out onto a lightly floured surface; knead lightly 4 times. Reroll dough into a (1/2-inch-thick) 9 x 5-inch rectangle; dust top of dough with flour. Fold dough crosswise into thirds; gently roll or pat to a 3/4-inch thickness. Cut dough with a 1 3/4-inch biscuit cutter to form 7-8 dough rounds.
- 5) Place dough rounds, 1 inch apart, on a baking sheet lined with parchment paper. Bake at 400° for 14 minutes or until golden. Remove from pan; cool 2 minutes on wire racks. Serve warm.

*You can make your own pumpkin pie spice by combining:*

*4 tablespoons ground cinnamon  
4 teaspoons ground nutmeg  
4 teaspoons ground ginger  
3 teaspoons ground all-spice*

*Makes 8 tablespoons.*