

# Pumpkin Cheddar Biscuits

## Ingredients

- 1 cup margarine, without salt
- 3-1/4 cups white whole wheat flour
- 1-1/4 tbsp baking powder
- 1 tsp sugar
- 1-1/4 cups shredded cheddar cheese, low fat
- 1 cup 1% milk
- 1/2 cup canned pumpkin, without salt
- 1/2 cup margarine, without salt
- 3 tbsp honey

## Notes

**Number of Portions:** 20

**Serving Size:** 1 biscuit

**Nutrition Facts:** 194 calories, 12.87 g fat, 3.13 g saturated fat, 121 mg sodium, 19.6 g carbohydrate, 2.47 g fiber, 4 g sugar, 3.98 g protein

## Directions

1. Cut margarine into the dry ingredients until small pebbles form.
2. Add cheese and coat with flour mixture.
3. Mix milk and pumpkin and then add to the margarine flour mixture. Let dough chill for 2 hours or overnight before shaping.
4. After chilling, roll out dough until it is 3/4 inch thick and cut into biscuits.
5. Place on sprayed 18 x 13 inch pan and bake at 375° F in oven for 12-15 minutes.
6. Melt margarine and combine with honey. Dab honey butter on top of biscuits after baking and serve warm.