

VEGAN BISCUITS

2 cups unbleached flour
1 TBSP baking powder
½ tsp baking soda
½ tsp salt
1 cup plant based milk
3 TBSP olive oil
2 TBSP vanilla extract

1. Preheat the oven to 425 degrees. Lightly grease one or two baking sheets.
2. Mix dry ingredients in a bowl.
3. Add the wet ingredients and mix with a fork just until blended. Do not over mix or the biscuits will be tough. Add an extra TBSP of milk if it's too dry – the batter should be fairly sticky.
4. Drop the dough by heaping TBSP, 1 ½ inches apart on the baking sheet. Bake for 10 – 12 minutes, until light golden brown.
5. Remove from oven and serve immediately.

VEGAN BISCUITS AND GRAVY SHOPPING LIST

Biscuits

2 cups unbleached flour
1 TBSP baking powder
1/2 tsp baking soda
1/2 tsp salt
1 cup plant based milk
3 TBSP olive oil
2 TBSP vanilla extract
1/2 cup nutritional yeast
1/2 cup flour

Gravy

1/3 cup olive oil
1/2 cup chopped onion
2 tsp. minced garlic
2 tsp. chopped fresh thyme or tsp. dried
2 tsp. chopped fresh sage or tsp. dried
4 cups water
1/4 cup tamari or shoyu (unpasteurized soy sauce)
1/2 tsp. sea salt
1/2 tsp. freshly ground black pepper