Mom’s Baking Powder Biscuits with Almonds

These comforting breakfast biscuits are a perfect way to slow down and savor holiday mornings. It's one of a few choice recipes from Lani Muelrath's latest book, *The Mindful Vegan: A 30-Day Plan for Finding Health, Balance, Peace, and Happiness*. Muelrath's just-out guide not only teaches us how mindfulness can combat common dietary challenges (which are often amplified during the holiday season), but also aims to “restore the pure joy of eating.”

By Lani Muelrath, MA

Makes 10 biscuits
Cook Time: 20 minutes

INGREDIENTS:

1 cup plant-based milk

1 tablespoon apple cider vinegar

1½ cup whole-wheat pastry flour

½ cup almond meal

1 tablespoon baking powder

½ teaspoon salt

1. Preheat oven to 450°F.
2. Combine plant-based milk and vinegar in a glass. Let sit for 5 minutes.
3. Mix together pastry flour, almond meal, baking powder, and salt in a large mixing bowl.
4. Add the soured milk to the dry ingredients, and mix until all ingredients moistened; avoid over-stirring.
5. Drop dough by large spoonfuls onto a nonstick baking sheet.
6. Bake for 10 to 12 minutes, until lightly browned.