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SPROUTED SPELT BUTTERMILK BISCUITS

These wonderfully light biscuits are perfect with soups, stews and much, much more. Enjoy them with lots of butter. This recipes makes about 8 biscuits.

- 2 cups sprouted spelt
- 1 tsp. baking powder
- 1 tsp. baking soda
- $\frac{3}{4}$ tsp. sea salt
- 1 tsp. [maple sugar](#)
- $\frac{1}{2}$ cup [lard](#), cold
- 1 cup buttermilk or yogurt

Preheat the oven to 375°F. In a medium bowl, stir the spelt, baking powder, baking soda and maple sugar to combine. Add the lard and use a fork or pastry cutter to cut the lard into the flour until the size of peas.

Add the buttermilk or yogurt; stir just enough to incorporate the liquid into the flour mixture to make a ball of dough. Transfer the dough onto a floured surface and pat into about $\frac{3}{4}$ -inch thickness. Use a biscuit cutter or glass to cut biscuit rounds.

Place on a parchment-lined baking sheet and bake for 18-20 minutes or until lightly brown. Remove from the oven and serve while warm with lots of butter.