



Trim Healthy *mama*

BISCUIT & Scone MIX

RECIPE COLLECTION





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Trim Healthy Biscuit & Scone Mix Instructions

Biscuits and eggs... biscuits and gravy... biscuits with well... just about anything! Now you can enjoy biscuits (and scones) while being kind to your health and waistline at the same time. Trim Healthy Biscuit & Scone Mix makes biscuit eating easy and delicious. [Watch the video instructions here!](#)

Multiple Servings: 8-12 Biscuits

INGREDIENTS:

- 1 packet (2½ cups) [TH Biscuit & Scone Mix](#)
- ½ to 1 cup milk of choice (unsweetened nut or oat milk, kefir, or buttermilk*) Start with ½ cup and add more as needed.
- 6 Tbs unsalted butter, diced and chilled/frozen for best results. For dairy-free, use 6 Tbs coconut oil and a pinch of salt.
- 2 eggs, whisked



DIRECTIONS:

1. Preheat oven to 425°F - 450°F.
2. Set aside a small amount (¼ to ⅓ cup) of mix for rolling and dusting.
3. In a medium bowl, cut the cold firm butter (or coconut oil and pinch of salt if making DF) into the biscuit/scone mix with a pastry cutter or fork until it looks like the size of small peas. You can also use a food processor if you prefer.
4. Add in the milk of choice and the whisked eggs and stir until a soft dough forms. Do not over mix.
5. Roll and cut into 8-12 biscuits or drop by rounded ¼ cup flattened dough balls onto baking sheet or stone. The dough can be sticky and if rolling out, using parchment paper may be necessary.
6. Bake for 14-18 minutes until golden brown.

* NOTE: You can get the tangy taste of buttermilk or kefir by adding 1 tablespoon of white vinegar or lemon juice to one of the other milk options listed and let stand 5-10 minutes in the fridge. Another option is to use 3 or 4 tablespoons of unsweetened Greek yogurt and water.

Waist-Watching Sausage Gravy (S)

This southern-style, waist-watching sausage gravy is going to float your boat! Get it? Float your “gravy boat”?! This is southern comfort food at its best! Use it to cover your TH biscuits, mashed cauliflower, or your scrambled eggs... anything! So very yum!

Makes: Multiple-servings

INGREDIENTS:

- 1 lb. breakfast sausage
- 1 tsp granulated garlic powder
- 1 cup unsweetened nut milk
- 1 8-oz. package $\frac{1}{3}$ less fat cream cheese (For a dairy-free option, replace the cream cheese with a non-dairy cream cheese, such as Kite Hill.)

DIRECTIONS:

1. Brown 1 pound of your favorite breakfast sausage and the granulated garlic powder. Drain if necessary.
2. Blend the nut milk and the cream cheese in a blender and add to the sausage, stirring gently for 3-4 minutes as the mixture thickens.
3. Split a TH biscuit in half and top with the sausage gravy.
4. Enjoy!



Cheddar Dill Drop Biscuits (S)

Everything is bettah with cheddah!! Add some dill and onion powder and these biscuits just went from plain to amazing! All this flavor and none of the guilt makes a perfect addition to any meal! Also makes terrific sandwiches.

Multiple Servings: 8-12 Biscuits

INGREDIENTS:

- 1 packet (2½ cups) [TH Biscuit & Scone Mix](#)
- ½ to 1 cup kefir (or unsweetened nut or oat milk, or low-fat buttermilk)
- 6 Tbs unsalted butter (For best results, precut into pieces and freeze.)
- 1 large egg, whisked
- 1 tsp onion powder
- ½ tsp dried dill
- ½ cup shredded cheddar cheese

DIRECTIONS:

1. Preheat oven to 425°F - 450°F.
2. Cut the cold, firm butter into the TH Biscuit & Scone Mix with a pastry cutter or fork until it looks like the size of small peas.
3. Add in the kefir and the whisked egg and stir until a soft dough forms.
4. Gently stir in seasonings and shredded cheese. Do not over mix as overmixing will cause the dough to yield tough biscuits. Dough should be sticky.
5. Using a rounded 1/4 cup measurement, place flattened dough balls on a baking sheet or stone.
6. Bake for 14-18 minutes until golden brown.



Cheddar Garlic Drop Biscuits (S)

These are delicious split and topped with poached eggs and turkey sausage patties. A generous sprinkle of TH Nutritional Yeast is a “Chef’s Kiss”! OR ... top with an on-plan biscuit gravy.

Multiple Servings: 8-12 Biscuits

INGREDIENTS FOR THE BISCUITS:

- 1 packet (2½ cups) [TH Biscuit & Scone Mix](#)
- ½ to 1 cup low-fat buttermilk (or unsweetened nut or oat milk, or kefir)
Start with ½ cup and add more as needed.
- 6 Tbs butter, diced and chilled/frozen for best results
- 2 large eggs, beaten
- ½ generous cup shredded sharp cheddar
- 1 tsp granulated garlic
- ½ tsp onion powder
- (Optional) [TH Nutritional Yeast](#) for sprinkling

INGREDIENTS FOR THE BUTTERY TOPPING:

- 2 Tbs butter, melted
- 1 tsp granulated garlic

DIRECTIONS:

1. Preheat oven to 425°F - 450°F.
2. Place parchment paper on a large baking sheet.
3. Cut in cold firm butter into biscuit/scone mix with a pastry cutter or fork until it looks like the size of small peas.
4. Add the shredded cheese and spices.
5. Add in the buttermilk and the whisked eggs and stir until a soft dough forms. Do not over mix as overmixing will cause the dough to yield tough biscuits. Dough should be sticky.
6. Using an ice cream scoop, make 10-12 biscuits, placing them slightly apart on the baking sheet. Bake for 14-18 minutes until golden brown.
7. While biscuits are baking, melt the 2 Tbs. of butter and whisk in the granulated garlic and set aside.
8. When biscuits are done, remove from oven and brush the tops with the melted butter and garlic mixture.





Shortcake Biscuits (S)

Summertime begs for shortcake and this recipe is a super quick and easy option! Perfect for your favorite berries, sweetened as you please, and whipped cream. These Shortcake Biscuits will not only be a hit at all your summertime events but will make a splash any time of year!

Multiple-servings: 8 Biscuits

INGREDIENTS:

- 1 packet (2½ cups) [TH Biscuit & Scone Mix](#)
- ½ cup milk of choice (unsweetened nut or oat milk, kefir, or buttermilk)
- 6 Tbs unsalted butter, diced and chilled/frozen for best results
- 2 eggs, whisked
- 5 Tbs [TH Gentle Sweet](#)
- 1 tsp vanilla extract

DIRECTIONS:

1. Preheat oven to 425°F - 450°F.
2. Take 1 Tbs or so of the biscuit/scone mix and set aside.
3. Place remaining biscuit mix and Gentle Sweet in food processor, then add the frozen chunks of butter. Pulse several times till the butter is just incorporated.
4. Whisk the eggs, milk, and vanilla together, then add to the dry mix and pulse until the dough comes together.
5. Line a cookie sheet with parchment paper and spray with coconut or olive oil spray.
6. Divide your dough into 8 equal parts and roll them each into a ball. Place on the cookie sheet and flatten gently with your hand or a small cup to about 4" across. The biscuits should be touching one another.
7. Take the 1 Tbs of reserved biscuit/scone mix and lightly sprinkle each biscuit.
8. Bake for 12 minutes or until lightly golden around the edges.
9. Split and serve with sweetened berries and whipped cream.



Cran-Orange Scones with Orange Glaze (S)

Rashida's Dried Cranberries, Trim Healthy Future page 243, work wonderfully in this recipe!

Multiple Servings: 8-12 Sones

INGREDIENTS FOR THE SCONES:

- 1 packet (2½ cups) [TH Biscuit & Scone Mix](#)
- ½ cup milk of choice (unsweetened nut or oat milk, kefir, or buttermilk)
- 6 Tbs coconut oil or butter
- 2 eggs, whisked
- ½ cup [TH Gentle Sweet](#)
- 1-2 Tbs orange zest
- 1 tsp orange extract
- 1-2 pinches [TH Mineral Salt](#)
- 1 cup chopped cranberries (fresh, frozen, or sugar-free dried cranberries)

INGREDIENTS FOR THE GLAZE:

- 1-2 Tbs unsweetened almond milk
- ½ cup [TH Gentle Sweet](#)
- ½ tsp orange extract
- 1 tsp orange zest



DIRECTIONS:

1. Preheat oven to 425°F - 450°F.
2. Stir the biscuit/scone mix, orange zest, salt, and Gentle Sweet together. Using a pastry blender or fork, blend in the coconut oil until fully incorporated and crumbly.
3. Add in the milk, extract, and the whisked egg and stir until a soft dough forms. Gently mix in the cranberries without over mixing.
4. Roll and cut into 8-12 scones. The dough should be sticky and parchment paper may be necessary.
5. Bake for 14-18 minutes.
6. Mix the ingredients together for the glaze and drizzle over scones or serve with butter!

This and other delicious TH recipes can be found at TrimHealthyMama.com



Maple Cinnamon Pecan Scones (S)

Mmmmm... the aroma of maple and cinnamon is the very essence of comfort food! Warm up one of these luscious scones with the perfect amount of pecan crunchiness and your taste buds and your waistline will thank you!

Multiple Servings: 8-12 Scones

INGREDIENTS:

- 1 packet (2½ cups) [TH Biscuit & Scone Mix](#)
- ¼ cup milk of choice (unsweetened nut or oat milk, kefir, or buttermilk)
- 6 Tbs coconut oil
- 2 eggs, whisked
- ¼ cup unsweetened Greek yogurt (coconut yogurt for dairy free option)
- ½ cup [TH Gentle Sweet](#)
- 1 tsp pecan extract
- 1 tsp maple extract
- 2 tsp cinnamon
- 1-2 pinches [TH Mineral Salt](#)
- ⅔ cup coarsely chopped pecans

DIRECTIONS:

1. Preheat oven to 425°F - 450°F.
2. Stir the biscuit/scone mix, salt, cinnamon, and Gentle Sweet together. Using a pastry blender or fork, blend in the coconut oil until fully incorporated and crumbly.
3. Add in the milk, extracts, yogurt and the whisked eggs and stir until a soft dough forms. Gently stir in the pecans without over mixing.
4. Shape into 8-12 scones. The dough should be sticky and parchment paper may be necessary.
5. Bake for 12-14 minutes.

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Chai Spiced Scones with Browned Butter Maple Glaze (S)

These tender crumbly scones pack a flavor punch with warm chai spices then topped with a browned buttery maple glaze. Just right for a mid-morning treat or sharing a pot of tea with a friend.

Multiple Servings: 8-12 Scones

INGREDIENTS FOR THE SCONES:

- 1 packet (2½ cups) [TH Biscuit & Scone Mix](#)
- ½ cup milk of choice (unsweetened nut or oat milk, kefir, or buttermilk)
Start with ½ cup and add more as needed.
- 6 Tbs butter, diced and chilled/frozen for best results. (For dairy-free use 6 Tbs coconut oil and a pinch of salt.)
- 2 eggs, whisked
- ½ cup on-plan “brown sugar” replacement (1 tsp molasses mixed with 1 cup [TH Gentle Sweet](#) works well)
- 1½ tsp cinnamon
- 1½ tsp ginger
- 1 tsp cardamom
- 1 tsp nutmeg
- 1 tsp clove
- Olive oil or coconut oil spray, as needed

INGREDIENTS FOR THE BROWN BUTTER GLAZE:

- 4 Tbs butter
- 3 Tbs heavy cream
- ¼ cup on-plan “brown sugar” replacement
- 1 tsp maple extract
- 1 pinch [TH Mineral Salt](#)

DIRECTIONS FOR SCONES:

1. Preheat oven to 425°F - 450°F.
2. In a small dish combine the cinnamon, ginger, cardamom, nutmeg, and cloves and set aside.

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Chai Spiced Scones with Brown Sugar Maple Glaze, Continued...

3. In a food processor, add the biscuit/scone mix, brown sugar replacement, and spices (reserving 1 tsp spice mix for dusting the finished scones) and pulse to mix.
4. Add in the milk of choice and the whisked eggs and pulse several times until the butter is broken up and evenly distributed. Do not over-mix.
5. Spray two pieces of parchment paper with olive oil or coconut oil spray.
6. Place the dough onto one of the sprayed parchment papers and then top with the other piece of parchment paper - sprayed side touching the dough. Roll dough into an approximately 8" circle.
7. Keeping the wedges slightly touching each other, place the bottom parchment paper on a sheet cake pan and bake for 12-14 minutes, until golden brown around the edges.

DIRECTIONS FOR THE BROWN BUTTER GLAZE:

1. While scones are baking, place butter in a small skillet on medium heat watching carefully and whisking until lightly brown.
2. Add remaining ingredients and whisk until slightly thickened and then set aside.
3. After removing scones from the oven, gently dip each scone face down into the browned butter mixture and place on a cooling rack.
4. Allow the glaze to cool slightly, then gently pour the remaining glaze over each scone.
5. Dust each scone with a sprinkle of the reserved spice mix.