

Oil-Free Biscuits
(from *The Vegan 8*, by Brandi Doming)

Makes 6 biscuits

1 3/4 cups (224g) **regular all-purpose flour (not gluten-free blends)**
2 1/2 teaspoons baking powder
1/4 teaspoon baking soda
1/2 teaspoon fine sea salt
1/2 cup (120g) room temperature canned lite coconut milk,* shaken well (no substitutions)
3-1/2 tablespoons (53g) room temperature dairy-free plain, unflavored high fat yogurt. *Do not use a low-fat yogurt, or you will get a dry biscuit.*
2 teaspoons (12g) pure maple syrup OR agave

TO BRUSH THE TOPS

1 tablespoon lite coconut milk
1/2 teaspoon yogurt

Preheat the oven to 400°F and line a sheet pan with parchment paper.

1. To a large bowl, add the flour, baking powder, baking soda and salt and whisk very well.
2. Add the room temperature coconut milk, yogurt and syrup to the same bowl and very gently mix with a wooden spoon until just mixed into a rough, shaggy-looking dough (mix @8-10 seconds). **Overmixing biscuit dough will result in tough biscuits.**
3. Lightly flour a work surface. Dump the dough onto the surface, and use your hands (not a rolling pin which removes the air) but do not overwork the dough or you will have tough biscuits. You are only forming it into the shape, not kneading it like you would with pizza dough. Form into a disc @3/4 - 1 inch high evenly across.
4. Use a 2-3/4 inch biscuit cutter (or the rim of a floured juice glass) and press down into the dough and slightly twist it and lift up. You should get 4 biscuits the first time. Piece the excess dough together gently, along with any loose pieces, and press/pinch back together. Pat down to 3/4 - 1 inch to get a total of 6 biscuits, and place the biscuits onto the lined pan. If you get more than 6 biscuits, you probably flattened the dough too much and your biscuits will be thinner. Use a ruler to make sure the dough is thick enough before cutting. You may have a few tablespoons of extra dough left.
5. Place each biscuit on the pan, just touching each other.
6. For the tops: mix the milk and yogurt together in a small bowl until smooth. Use a brush to lightly brush the tops of each biscuit. (If you're not oil-free, you could use vegan butter.) Bake for 15 minutes or until risen and light golden brown on top.
7. Cool 5 minutes, then serve immediately. Spread with jam or eat with vegan sausages or gravy. These would be delicious served with soups or stews as well!
8. Biscuits are best eaten warm and fresh, as they start to dry out hours later. You can bring them back to life by warming them slightly and adding whatever topping you like. As with traditional biscuits, they are best when topped with something, otherwise they may be too dry.

Recipe Notes: Biscuits rely on fat to make them soft and fluffy. Coconut milk is buttery and rich. It is also low-protein, which means it creates a soft, fluffy texture. **Do not sub with soy milk** (which is high protein) or low-fat milk or you will end up with a dry or chewy biscuit.

For step-by-step instructions and photos of this recipe, go to <https://thevegan8.com/vegan-biscuits-recipe-soft-and-fluffy/>

For more info about cooking without oil, check out <https://thevegan8.com/how-to-cook-bake-without-oil/>

*<https://store.edwardandsons.com/collections/organic-coconut-products>

Basic Dairy-free Cream Sauce

This easy, versatile cream sauce has many applications, including Vegetable Pot Pie, Shepherd's Pie, Chickpeas a la King, or simply spooned over puff pastry, toast points, baked potatoes, whole grains, biscuits, or steamed vegetables. While all plant foods have some protein, the addition of chickpeas will boost the protein and the fiber in this sauce (1/2 cup of cooked chickpeas has 7g of protein and 4g of fiber).

2 cups organic root vegetables (carrots, beets, potatoes, or any veggies of your choice!)

1-1/2 cups dairy-free milk

1/2 low sodium vegetable bouillon cube* (or 1 tsp. bouillon powder) *(can just use salt, pepper, thyme, garlic powder in place of bouillon cube)

opt: 15 oz can organic chickpeas, drained and rinsed

salt & pepper to taste (omit salt if using bouillon)

1-1/2 Tblsp starch* (cornstarch, arrowroot, tapioca starch, or flour) combined with 1/4 cup dairy-free milk

1. Place vegetables, milk, and 1/2 bouillon cube in a 2 qt pot over medium heat. Cook @5-15 minutes until vegetables are fork tender. (Fresh veggies will be closer to 15, frozen about 5) Add chickpeas if using.
2. Meanwhile, pour 1/4 cup milk into a measuring cup. Add cornstarch or other thickener and mix well (no lumps).
3. Slowly drizzle cornstarch solution into bubbling vegetables and milk (the cornstarch solution won't activate/thicken unless the milk is bubbling) and stir until thickened. If desired thickness is not achieved, remove some milk from the pot, place in a small bowl, add another Tblsp of starch to it, MIX WELL, drizzle into the pot again and stir until thickened. Turn off heat.
4. Taste and adjust seasonings, if necessary.

*<https://store.edwardandsons.com/collections/vegan-bouillon-cubes>

*<https://store.edwardandsons.com/collections/organic-flours-starches>

Unlike a vegan diet, a Whole Foods Plant Based Diet eliminates processed foods including oils which are 100% pure fat. If you are following a WFPB diet, substitute spelt or whole wheat flour in these biscuits.