

Cinnamon Bun Bites

- 2 cups whole wheat flour
- 1 tsp. baking powder
- ¼ tsp salt
- ½ cup water or milk
- ¼ cup flax oil
- 1 large egg
- 2 Tbsp honey
- 1 Tsp cinnamon
- ¼ cup finely chopped walnuts (optional)

Frosting (optional)

- ¼ cup light cream cheese
- 1-2 Tbsp milk or water

Preheat oven to 350°F.

1. In a large bowl, combine flour, baking powder and salt.
2. In a small bowl stir together water, oil and egg. Add to the dry ingredients and stir just until you have a soft dough.
3. On a lightly floured surface, roll or pat the dough into a rectangle that measures roughly 8×14-inch. Drizzle with honey and sprinkle with cinnamon and nuts, (if using nuts.)
4. Starting from a long edge, roll up jelly-roll style and pinch the edge to seal.
5. Using a sharp serrated knife, slice half an inch thick and place slices cut side down on a cookie sheet that has been sprayed with nonstick spray.
6. Bake for about 15 minutes, until springy to the touch.
7. If you use the cream cheese frosting, wait until they have cooled completely before you spread them with it.
8. Makes about 2 dozen biscuits. Store extra in a tightly covered container of freeze. If they are frosted, store the container in the fridge.