

Cinnamon Biscuits

Hot and ready in just minutes!



Level: Medium

Makes: 10

Kids' Tool Kit

baking sheet
2 small bowls
measuring spoons
spatula



Ingredients:

- 3 tablespoons sugar
- 1 teaspoon cinnamon
- 2 tablespoons margarine
- 1 tube (7.5 ounces) canned biscuits



Directions:

Remember to wash your hands!

1. Preheat oven to 400 degrees and lightly coat a baking sheet with cooking spray.
2. Combine sugar and cinnamon in a small bowl and set aside.
3. Melt margarine in a small bowl in microwave.
4. Dip the top of each biscuit in margarine, then in sugar and cinnamon mixture.
5. Place each biscuit, cinnamon side up, on baking sheet and bake for 8 to 10 minutes.

Chef's Choice

Cinnamon Biscuits
Fruit Cocktail
Low fat milk



Helpful Hints: Breakfast is probably the biggest back-to-school boost a student can get - and that goes for the whole family. Serve these biscuits with some fruit and a glass of milk to begin the day just right. Cinnamon Biscuits pack well if breakfast needs to be on the go!



Safety Tip: Be sure to use a dry hot pad to remove the baking sheet from the oven and a spatula to remove the hot biscuits. Let them cool just a bit before tasting to avoid burning fingers and mouths!

Nutrition Facts

Serving Size 1 biscuit (28g)
Servings Per Container 10

Amount Per Serving

Calories 90 Calories from Fat 25

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0.5g **3%**

Cholesterol 0mg **0%**

Sodium 180mg **8%**

Total Carbohydrate 14g **5%**

Dietary Fiber 0g **0%**

Sugars 4g

Protein 2g

Vitamin A 2% • Vitamin C 0%

Calcium 0% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 65g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.