

## Cinnamon Biscuits

*Hot and ready in just minutes!*

10 servings

### Ingredients:

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

### Directions:

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.

**Nutrition Facts:** One biscuit provides 90 calories, 2.5g total fat, 0mg cholesterol, 180mg sodium, 14g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension  
Family Nutrition Program

**Kids a Cookin'**

www.kidsacookin.ksu.edu

**Chef's Choice**  
Cinnamon Biscuits  
Fruit Cocktail  
Low Fat Milk

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