

Orange Walnut Rosemary Biscuits

Makes 8-10 biscuits

Ingredients:

2 cups **Wellness Forum Health Quick Mix**

3/4 cup unsweetened applesauce

1/3 cup chopped walnuts

2 teaspoons minced rosemary

1 teaspoon orange zest

Instructions:

- Preheat the oven to 375 degrees
- Line a baking sheet with parchment paper
- Place the Quick Mix in a mixing bowl and make a well in the center of the mix.
- Combine the remaining ingredients with a wire whisk.
- Slowly fold the Quick Mix into the applesauce mixture.
- Drop the batter by spoonfuls onto the lined baking sheet
- Bake for 15-18 minutes or until a toothpick inserted in the center of the Biscuits comes out clean