Cinnamon Biscuits

Hot and ready in just minutes!

Level: Medium
Makes: 10

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.

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!

Chef’s Choice
Cinnamon Biscuits
Fruit Cocktail
Low fat milk

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size 1 biscuit (28g)</th>
<th>Servings Per Container 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
<td></td>
</tr>
<tr>
<td>Calories 90</td>
<td>Calories from Fat 25</td>
</tr>
<tr>
<td>Total Fat 2.5g</td>
<td>4%</td>
</tr>
<tr>
<td>Saturated Fat 0.5g</td>
<td>3%</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 180mg</td>
<td>8%</td>
</tr>
<tr>
<td>Total Carbohydrate 14g</td>
<td>6%</td>
</tr>
<tr>
<td>Dietary Fiber 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Sugars 4g</td>
<td></td>
</tr>
<tr>
<td>Protein 2g</td>
<td></td>
</tr>
</tbody>
</table>

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  •  80g
- 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.

This institution is an equal opportunity employer. This material was funded by USDA’s Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.