

# 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 from Fat 25
Calories 90		
% Daily Value*		
<b>Total Fat</b> 2.5g		<b>4%</b>
Saturated Fat 0.5g		<b>3%</b>
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 180mg		<b>8%</b>
<b>Total Carbohydrate</b> 14g		<b>5%</b>
Dietary Fiber 0g		<b>0%</b>
Sugars 4g		
<b>Protein</b> 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	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](http://www.kidsacookin.ksu.edu), or e-mail [kidsacookin@ksu.edu](mailto:kidsacookin@ksu.edu).