

## **CINNAMON BISCUIT SPIRALS**

### **INGREDIENTS:**

500 ml	flour
30 ml	sugar
15 ml	baking powder
2 ml	salt
125 ml	chilled margarine
1	egg
150 ml	milk
40 ml	melted margarine
30 ml	light brown sugar
30 ml	dark brown sugar
10 ml	cinnamon
125 ml	icing sugar
15 ml	milk + 1 ml vanilla, maple or caramel extract

### **METHOD:**

1. Center oven racks. Preheat oven to 425°F.
2. In a large bowl mix together flour, sugar, baking powder, and salt.
3. Cut in the 125ml of chilled margarine with a pastry blender until it is the size of small peas.
4. Combine the egg and milk in a glass liquid measure and beat with a fork
5. Make a well in the dry ingredients and add the liquid all at once. Stir with a fork just until the dough clings together. Be sure that the dough is not sticky.
6. Lightly flour your countertop and knead the dough gently 6-8 times.
7. Roll out the dough into a rectangle (about 12" x 6"). Spread the 40 mL of margarine on top of the dough using your small metal spatula.
8. Combine the cinnamon and brown sugars together in a small bowl and mix well. Sprinkle it evenly over the dough, then use your hands to smooth it out + pat in down so it sticks to the butter.
9. Fold the dough over in half so that the short ends meet and press together to seal in the sugar. Transfer to a cutting board and make sure the edges are square.
10. Cut into 10 equal strips. Holding a strip at each end, carefully twist in opposite directions 3-4 times, forming a nice thin spiral.
11. Place on a baking sheet, pressing down at both ends to keep it in place.
12. Bake them for about 17 mins or until golden brown. Let them cool for 2 mins on the pan, then transfer them to a cooling rack to cool.
13. For icing: Place 125 ml of icing sugar in a glass liquid measure, add 15 ml milk and 1 ml vanilla or maple extract and stir with a fork. Drizzle the glaze over the spirals once they have cooled.