



Enneagram Biscuits

Prepare Before Day Three

Dear Year Two Apprentices:

At our Year Two Anamcara Closing Retreat, when held in person, we asked participants to bring edible herbs native to their vicinity. At the Opening Ritual on the last day of the retreat, we collected the herbs and secretly mixed them into a dough in a bread machine. The baked bread (bannock*) was brought in at the closing ritual to be shared.

Since we are meeting virtually, we are sending this recipe with a list of herbs representing each of our Enneatypes. We invite you to use the recipe below to make a batch of biscuits, mixing a pinch of each of the herbs (all edible) which you have available (most can be bought at a Natural Grocer) into your dough as a sign of our unity as a “Tribe” as we complete the Apprenticeship. We hope that you will enjoy the biscuits. Please have one biscuit with you for our closing ritual on Day Three.

Classic Biscuits

2 ¼ cups Bisquick mix

2/3 cup Milk

Small packet of herbs

Heat oven to 450 degrees F. Stir ingredients until soft dough forms. Add herbs to mixture. Drop dough by spoonfuls onto an ungreased cookie sheet.

Bake 8 – 10 minutes or until golden brown.

The following are sites where you can find biscuit recipes for gluten-free, dairy-free, and vegan options:

<https://www.mamaknowsglutenfree.com/gluten-free-biscuits/> (gluten-free, dairy-free, vegan)

<https://www.kingarthurfLOUR.com/recipes/gluten-free-biscuits-recipe> (gluten-free)

***Bannock is a type of fry bread, which originates from Scotland, but was eventually adopted by the indigenous peoples of Canada, particularly the Metis of western Canada. It is a simple bread, but quick to make and useful for travelling and while in the wilderness.**



Herbs for Enneatypes:

Enneastyle 1: Blue Vervain

Enneastyle 2: Violet

Enneastyle 3: Schisandra Berry

Enneastyle 4: Rose

Enneastyle 5: Rosemary

Enneastyle 6: Oat

Enneastyle 7: Calendula

Enneastyle 8: Nettle

Enneastyle 9: Tulsi