

Homestyle Biscuits

Makes 15 Servings

Ingredients

2 cups flour
2 tsp. baking powder
1/4 tsp. baking soda
1/4 tsp. salt
2 tbsp. sugar
2/3 cup 1% fat buttermilk
3-1/3 tbsp. vegetable oil

Directions

1. Preheat oven to 450°F.
2. In a medium bowl, combine flour, baking powder, baking soda, salt and sugar.
3. In a small bowl, stir together buttermilk and all of the oil. Pour over flour mixture and stir until well mixed.
4. On lightly floured surface, knead dough gently for 10-12 strokes. Roll or pat dough to 3/4-inch thickness. Cut with 2-inch biscuit or cookie cutter, dipping cutter in flour between cuts. Transfer biscuits to an ungreased baking sheet.
5. Bake for 12 minutes or until golden brown. Serve warm.

Nutrition Content Per Serving:

Calories: 99
Total Fat: 3 g
Saturated Fat: Less than 1 g
Cholesterol: Less than 1 mg
Sodium: 72 mg
Total Fiber: 1 g
Protein: 2 g
Carbohydrates: 15 g
Potassium: 102 mg

