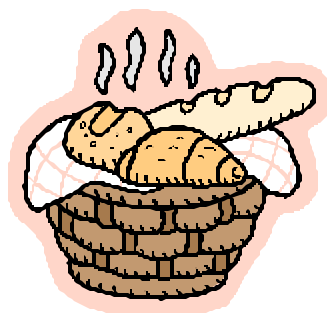


Basic Biscuits

1/2 cup potato starch
1/2 cup rice starch
1/2 cup Wel-Plan baking mix
1 tsp baking powder
1/4 tsp baking soda
1/4 tsp salt
1 tsp lecithin
2 tbsp vegetable shortening
2 tbsp Mocha Mix, original
1/2 tsp vinegar



In a large bowl, mix together the potato starch, rice starch and Wel-Plan baking mix. Mix in baking powder, baking soda, salt and lecithin. Cut in the vegetable shortening. Add the Mocha Mix and vinegar. Mix well. Roll our dough, and form into 12 biscuits. Bake at 450° for 10 minutes.

Per recipe: 21 mg phe, 0.7 g protein

Per serving: 2 mg phe, trace protein