

Biscuits

Serves 16, One biscuit per serving

Ingredients

- 2 ¼ cups unsifted all-purpose flour
- 2 ½ teaspoon baking powder
- 1 teaspoon salt
- 1/3 cup oil
- ¾ cup of milk

Nutrition Facts

Serving Size 1 biscuit
Servings Per Container 16

Amount Per Serving

Calories 110 Calories from Fat 45

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 200mg **8%**

Total Carbohydrate 14g **5%**

Dietary Fiber 1g **4%**

Sugars 1g

Protein 2g **4%**

Vitamin A 0% Vitamin C 0%

Calcium 8% 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.



Directions

1. Combine flour, baking powder, and salt in mixing bowl.
2. Add oil and milk: stir with fork until soft dough is formed.
3. Turn onto lightly floured surface, knead gently 10 to 15 times.
4. Roll out to thickness of ½ to ¾ inch and cut with floured cutter or cut into two-inch squares.
5. Bake on ungreased baking sheet at 450 degrees for 12 to 15 minutes.



Chef's Notes

- "Handle Lightly" is the key phrase for really delicious biscuits. Stir as little as possible and fold the dough over easy.