



## Home-style Biscuits

*It's easy to make home-style biscuits with less fat.*

### Ingredients:

- 2 cups flour
- 2 tsps baking powder
- 1/4 tsp baking soda
- 1/4 tsp salt
- 2 Tbsps sugar
- 2/3 cup buttermilk, 1% fat
- 3 Tbsps + 1 tsp 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 oil. Pour over flour mixture; stir until well mixed.
4. On a lightly floured surface, knead dough gently for 10 to 12 strokes.
5. Roll or pat dough to 3/4-inch thickness.
6. Cut with a 2-inch biscuit or cookie cutter, dipping cutter in flour between cuts.
7. Transfer biscuits to an un-greased baking sheet.
8. Bake for 12 minutes or until golden brown. Serve warm.

### Nutrition facts:

Makes 15 servings--Serving Size: 1 (2-inch) biscuit

Calories 99

Fat 3 g

Saturated fat less than 1 g

Cholesterol less than 1 mg

Sodium 72 mg

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