Biscuits

Ingredients:
2 cups all-purpose flour
1 tablespoon baking powder
1/4 teaspoon salt
1/4 cup shortening (choose one that is trans fat free)
3/4 cup skim milk

Directions:
1. Preheat oven to 450° F.
2. Measure flour, baking powder, and salt into a large mixing bowl. Stir to combine ingredients.
3. With a pastry cutter or two knives, cut shortening into flour mixture until it resembles fine crumbs. Stir in milk.
4. Turn dough onto a lightly floured surface. Knead gently about 10 times to make a soft, cohesive dough.
5. Pat or roll dough into a circle about 1/2 inch thick. Cut with a 2-inch round cutter dipped in flour.
6. Place biscuits about 1 inch apart on an ungreased baking sheet.
7. Bake 10 to 12 minutes, until golden brown.

Yields about 12-15 servings

Source: Cooking Up Fun! Muffins & More - Cornell University Cooperative Extension