Biscuits
Makes 12 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.
4. Stir in milk.
5. Turn dough onto a lightly floured surface.
6. Knead gently about 10 times to make a soft, cohesive dough.
7. Pat or roll dough into a circle about 1/2 inch thick.
8. Cut with a 2-inch round cutter dipped in flour.
9. Place biscuits about 1 inch apart on an ungreased baking sheet.
10. Bake 10 to 12 minutes, until golden brown.

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

Nutrition Facts
12 servings per container
Serving size (41g)
Amount per serving
Calories 120
% Daily Value*
Total Fat 4.5g 6%
  Saturated Fat 2.5g 13%
  Trans Fat 0g
Cholesterol 0mg 0%
Sodium 55mg 2%
Total Carbohydrate 17g 6%
  Dietary Fiber 1g 4%
  Total Sugars 1g
  Includes 0g Added Sugars 0%
Protein 3g

Vitamin D 0mcg 0%
Calcium 169mg 15%
Iron 1mg 6%
Potassium 2mg

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.