

Low Calorie Biscuits

Number of Servings: 16

Serving Size: One 2 inch biscuit

Ingredients

- 2 cups all purpose flour
- 1 tablespoon baking powder
- 1/4 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 cup light margarine (40% fat) CHILLED
- 1 cup (8 oz.) plain low-fat yogurt
- 1 teaspoon honey

Directions

Oven: 425 °

- Combine first 4 ingredients and cut in chilled margarine with pastry blender or fork until mixture resembles coarse corn meal.
- Add remaining ingredients, stirring until dry ingredients are moistened.
- Turn dough over onto a lightly floured surface and knead lightly 4 or 5 times.
- Roll out dough into 1/3 inch thickness. Cut with a 2 inch biscuit cutter (or other 2 inch round item such as a glass or empty canned food can).
- Place on ungreased baking sheet.
- Bake at 425 degrees for 10-12 minutes or until browned.

Makes 16 Biscuits

Nutritional Information:

Servings Per Recipe: 16

Amount Per Serving: One 2 inch biscuit

Calories:	85.7
Total Fat:	1.8 g
Cholesterol:	0.9 mg
Sodium:	214.8 mg
Total Carbohydrates:	14.1 g
Dietary Fiber:	0.4 g
Protein:	2.9 g