

Easy to Make Homemade Biscuits with Less Fat

This recipe has less than half the fat of regular recipe biscuits (less than 1g of saturated fat and cholesterol and about 1/3 the sodium)

Oven: 450 °

Servings: 15

Serving Size: One 2" Biscuit

Ingredients:

2 cups flour (measure carefully so that milk and oil amounts will not need to be adjusted)

2 teaspoon baking powder

1/4 teaspoon baking soda

1/4 teaspoon salt

2/3 cup buttermilk (or Skim Milk)

1/4 cup good fat vegetable oil such as Canola Oil (**NOT Corn Oil**)

Directions:

Preheat oven to 450°

In a medium size bowl, combine flour, baking powder, baking soda, and salt.

In a small bowl, stir together buttermilk (or skim milk), and oil. Pour this mixture into bowl with the flour mixture and stir until well mixed. **Note: Do not mix longer than needed – over mixing will make biscuits tough instead of tender).**

Turn dough onto a lightly floured surface such as large cutting board or kitchen countertop, knead dough gently for 10 to 12 strokes. Then roll or pat the dough until it is 3/4 inch thick.

Cut the dough into 2 inch circles using a cookie, biscuit cutter or drinking glass. **Note: dip the cutter into a little flour between each cut to prevent dough from sticking to the cutter.**

Place the dough circles onto an ungreased baking sheet pan leaving at least 1/2 inch space between them. **Note: you can recombine the left over dough and cut into a few more biscuits – the recombined ones may be a little tougher, but it will make the most out of your work – add the extra biscuits to the baking sheet pan, or bake separately**

Bake at 450° for 12 minutes or until golden brown.

Yield: 15 servings of one 2 inch biscuit (not counting the few extra you might have made with the extra dough)

Serving Suggestions:

Plain with toppings such as low calorie jelly, honey, healthy style butter substitute

Use for a making a lower fat version of Biscuits and Gravy

Nutritional Information (This information does not count any toppings or gravy you put on them):

Serving size: one 2 inch biscuit (multiply these amounts by the actual amount of biscuits you will eat)

Calories per serving: 100

Total Fat: 3 g

Saturated Fat: Less than 1 g

Cholesterol: Less than 1 mg

Sodium: 72 mg