











## Homemade Biscuits

Makes 12 biscuits

Nutrients Per Serving:






150 Calories | 8g Fat (2g Saturated) | 18g Carbohydrates | 2g Added Sugar | 2g Protein | 300mg Sodium | 1g Fiber

### Equipment Needed

				
Mixing bowl	Pastry cutter	Rubber spatula	Fork	Measuring spoons Measuring cups
				
Liquid measuring cup	Rolling pin	Drinking glass (to cut biscuits)	Baking sheet	Timer

### Ingredients Needed











*\*Brand names that may be used in this recipe are not intended to endorse brands. Use any brand of your choice.\**

			
2 cups flour	2/3 cup milk	1 tablespoon baking powder	1/2 teaspoon salt
			
2 tablespoons sugar	1/2 cup shortening		

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## Directions

(Tbsp = tablespoon, tsp = teaspoon)

<p>1</p>  <p>Wash hands.</p>	<p>2</p>  <p>Preheat oven to 450°F.</p>	<p>3</p>  <p>In a large bowl, measure 2 cups of flour, 1 Tbsp baking powder, 1/2 tsp salt, and 2 Tbsp sugar. Stir with fork to mix.</p>	<p>4</p>  <p>Add 1/2 cup shortening to the flour mixture. Cut shortening into flour using a pastry blender until the mixture is pea size.</p>
<p>5</p>  <p>Slowly add 2/3 cup milk to the flour mixture. Stir with a fork until all ingredients are moist.</p>	<p>6</p>  <p>Pour dough onto the counter and knead 6-8 times until mixture begins to form a ball.</p>	<p>7</p>  <p>Roll out dough to about 1/2 "thick.</p>	<p>8</p>  <p>Cut biscuit dough with the drinking glass (or a biscuit cutter).</p>
<p>9</p>  <p>Place on a baking sheet. Bake for 10-15 minutes or until golden brown.</p>	 <p>Enjoy!</p>		