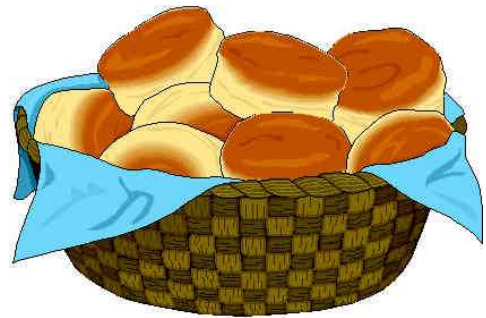


BISCUITS

2 cups all-purpose flour
3 tsp. baking powder
1 tsp. salt
1/4 cup shortening
3/4-cup milk



1. Preheat oven to 450° F.
2. Measure flour, baking powder, and salt into mixing bowl.
3. Cut in shortening until mixture looks like fine crumbs.
4. Make a well in the dry ingredients with a cooking spoon.
5. Add milk all at once, stirring quickly and vigorously just until mixture forms a ball and no flour remains in bowl. Avoid over mixing!
6. Turn dough onto lightly floured pastry cloth. Knead lightly about 8 to 10 times.
7. Roll dough about 1/2 inch thick.
8. Cut with floured biscuit cutter. Place on ungreased baking sheet.
9. Bake 10 to 12 minutes until golden brown. Serve warm with butter and honey or jelly.

NUTRITION INFORMATION

Servings Per Recipe: 10

Amount Per Serving

- Calories: 192
- Total Fat: 10.8g
- Cholesterol: 1mg
- Sodium: 195mg
- Total Carbs: 20.1g
- Dietary Fiber: 0.7g
- Protein: 3.2g