



Buttermilk Biscuits

12 Servings

Ingredients:

2 cups all-purpose flour
2 tsp. baking powder
¼ tsp. baking soda
¼ tsp. salt
3 ⅓ tsp. cold stick margarine, cut into small pieces
¾ cup 1 percent low-fat buttermilk

Directions:

1. Combine flour, baking powder, baking soda and salt in a bowl.
2. Cut in margarine with a pastry blender until mixture resembles coarse meal.
3. Add buttermilk, stirring just until dry ingredients are moistened.
4. Turn dough out onto a floured surface and knead four or five times.
5. Roll dough to half-inch thickness.
6. Cut with a 2½-inch. biscuit cutter.
7. Place on a baking sheet.
8. Bake at 450 for 12 minutes or until golden brown.

Nutrition facts:

Calories: 112
Protein: 2.7g
Fat: 3.6g
Carbohydrate: 16.8g
Fiber: 0.6g
Cholesterol: 0mg
Sodium: 161mg

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