Cornell University
Cooperative Extension

173 South Grand Street
Cobleskill, New York 12043
t. 518.234.4303
t. 518.296.8310
f. 518.234.4305

Biscuits

Ingredients

2 cups flour (1⅔ cups white flour + ⅓ cup whole wheat)

2 teaspoon baking powder

1 teaspoon baking soda

½ teaspoon salt

¼ cup butter

¾ cup cold 1% milk

Makes 4 servings

Instructions

1. Mix dry ingredients. Add butter and cut in with a pastry blender.
2. Add milk all at once and stir quickly with a fork.
3. Turn out on a floured surface and knead dough 6 times. Roll or pat to ½ to ¾ inch thick and cut with biscuit cutter and place on baking sheet.
4. Bake at 475° F for 5 minutes. Turn off heat and leave in oven for 15-20 minutes or until brown.

Note:

- These biscuits make a wonderful shortcake for fresh strawberries as is, *or* you can add two teaspoons of sugar to the batter and press flat in an 8-inch round cake pan for a sweeter short cake.

Nutrition Facts

Serving Size 2 biscuits
Servings Per Container 4

Amount Per Serving

Calories 350	Calories from Fat 110
	% Daily Value*
Total Fat 13g	**20%**
Saturated Fat 8g	**40%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 990mg	**41%**
Total Carbohydrate 51g	**17%**
Dietary Fiber 3g	**12%**
Sugars 2g	
Protein 9g	

Vitamin A 8% • Vitamin C 0%
Calcium 10% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

33% calories from fat

Source: Cornell Cooperative Extension of Schoharie County. January 2010

Eat Smart New York
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