

Yogurt Biscuits

10 SERVINGS 20 MINUTES



INGREDIENTS

1 cup All Purpose Flour
1 cup Whole Wheat Pastry Flour
1 tbs Baking Powder
1/4 tsp Salt
1/2 cup Plain Nonfat Greek Yogurt (non-fat)
1/2 cup Nonfat Buttermilk (or plant based milk)

NUTRITION

AMOUNT PER SERVING

Calories	98	Fiber	2g
Fat	1g	Sugar	1g
Saturated	0g	Protein	4g
Trans	0g	Cholesterol	0mg
Carbs	20g	Sodium	224mg

DIRECTIONS

- 01 Preheat your oven to 375.
- 02 Sift together the flours, baking powder, and salt into a medium bowl.
- 03 Using a pastry cutter, gradually cut in small amounts of the yogurt and milk into the flour mixture until incorporated. The dough should be crumbly and not in a big ball.
- 04 Turn the dough out onto a floured surface and gently knead it together. The best way is to fold it over and over onto itself and press down to work it together. Roll or pat dough into a circle about 2 inches high. Avoid overworking the dough!
- 05 Using a biscuit cutter or small glass, cut out biscuits until no dough is left. Continue with remaining pieces of dough until none is left. It should make about 10 biscuits. Place them on a parchment lined baking sheet.
- 06 Bake for 12-15 minutes (start checking at 10 minutes). Take them out when they are just turning golden brown.

NOTES

SERVIN SIZE

1 biscuit

ADD IN

Cheese, spices, or herbs for a little flavor. Incorporate your add ins during step 2.

DON'T HAVE A PASTRY CUTTER

Use 2 knives. Here's a great video to help you:<https://www.youtube.com/watch?v=vfMq-uVm5vc>

PLANT BASED BUTTERMILK

Combine 1 cup of a plant based milk plus 1 T. of either lemon juice or white vinegar. Stir to combine. Wait 5-10 minutes for milk to thicken. Stir. Use as a substitute for dairy buttermilk. Makes 1 cup.

