

Homemade Biscuit

Ingredients

- 3/4 cup all-purpose flour
- 1-1/4 cups whole wheat flour
- 3-3/4 tsp baking powder
- 1 tbsp granulated sugar
- 3/4 tsp salt
- 1/4 cup unsalted butter
- 1 cup buttermilk, lowfat

Notes

Number of Portions: 12

Serving Size: 1 each

Nutrition Facts: 118 calories, 4.45 g fat, 2.59 g saturated fat, 242 mg sodium, 17.34 g carbohydrate, 1.55 g fiber, 2.1 g sugar, 3.18 g protein

Directions

1. Preheat oven to 450°F.
2. Combine all-purpose flour, whole-wheat flour, baking powder, sugar, and salt into a mixer. As dry ingredients are mixing, slowly add in cold butter and blend until mixture looks coarse and crumbly.
3. Mix in buttermilk until just moistened and mixture holds together. **DO NOT OVER MIX!** Turn dough out on a lightly floured surface and knead gently, folding dough 8 to 10 times.
4. Roll out to 3/4 inch thickness and cut biscuits into 12 squares.
5. Place biscuits on an ungreased baking sheet. Bake in a 450°F oven for 10-12 minutes until biscuits are golden brown.