

Biscuits

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

YIELD: 6-7 servings (6-7 biscuits)

Ingredients	Qty	Measure
Self-rising flour	1	Cup
Vegetable Shortening	3	Tbsp
Soy Milk	1 ½ to 1 ¾	Cups

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Blend flour and shortening together to resemble pea-sized lumps.
2. Add soy milk and blend slightly (DO NOT OVER MIX).
3. Roll out (not too thin) and cut.
4. Bake at 400 degrees for 10-15 minutes or until golden brown.

Serving Information

1 biscuit, serve with 2 oz. of your favorite jam.

Nutrition Information

 *From USDA Nutrient Database

Calories: 55 Total Fat: 3g Saturated Fat: 1g Carbohydrate: 7g Protein: 1g Sodium: 6 mg
Vitamin A: 1% Vitamin C: 0% Calcium: 1% Iron: 2%