



## Low Fat Buttermilk Biscuits

*We like to make these on Sunday mornings... If you're not one to keep buttermilk on hand, Saco makes a dry blend that mixes with water to make buttermilk.*

*"All happiness depends upon a leisurely breakfast"  
- John Gunther*

### **Ingredients:**

- 2 Cups flour
- 2 tsp baking powder
- ¼ tsp baking soda
- ¼ tsp salt
- 2 Tbsps sugar
- 2/3 cup buttermilk, 1% fat
- 3 Tbsps + 1 tsp olive or canola oil

### **Directions:**

Preheat oven to 450° F. In a medium bowl, combine flour, baking powder, baking soda, salt, and sugar. In a small bowl, stir together buttermilk and oil. Pour over flour mixture; stir until well mixed. On a lightly floured surface, knead dough gently for 10 to 12 strokes. Roll or pat dough to ¾-inch thickness. Cut with a 2-inch biscuit or cookie cutter, dipping cutter in flour between cuts. Transfer biscuits to an ungreased baking sheet. Bake for 12 minutes or until golden brown. Serve warm. **Serves 15**

### **Nutrition Facts Per Serving:**

Calories	100	Saturated Fat	0.5 gm	Carbohydrate	15 gm
Fat	3 gm	Sodium	72 mg	Fiber	0 gm

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