



## Lemony Biscuits

Top biscuits with favorite fruit or fruit spread for a tasty dessert

<u>U.S.</u>		<u>Metric</u>
2/3 cup	Milk, Skim	157.6 ml
1 medium	Lemon, juiced and zested (seperate)	1 medium
1 cup	Whole Wheat Flour	113 g
1 cup	All Purpose Flour	120 g
1 Tbsp	Sugar, Granulated	14.4 g
4 tsp	Baking Powder	16 g
1/2 tsp	Salt, Kosher	2.4 g
2 Tbsp	Yogurt, Greek, Plain, Low-fat	28.4 g
2 Tbsp	Oil, vegetable or olive	30.0 ml

### **Preparation:**

1. Gather all ingredients and equipment.
2. Preheat oven to 425°F (220°C).
3. Add the lemon juice to the milk. Stir and set aside for 15 minutes to allow it to sour.
4. In a separate bowl, combine flour, sugar, baking powder, salt and lemon zest.
5. Add yogurt and oil to flour mixture, then, using a whisk, blend soured milk into the rest of the ingredients to make a soft dough. If dough is too wet, add more flour, ¼ cup at a time. Be careful not to over mix.
6. On a lightly floured surface knead dough 6-8 times by folding over and pushing out with the heel of your hand.
7. Using a rolling pin, roll out dough to ½" thickness and cut out biscuits using round cutter.
8. Place on non-stick baking sheet and bake for 12-15 minutes or until tops are browned.
9. Let biscuits cool and serve cut in half. A suggested topping is strawberries and yogurt whipped cream.

**\*\*Nutrition Facts on Reverse**

---

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>1 biscuit</b>
<b>Servings</b>	<b>6</b>
<b>Calories</b>	200
Calories from Fat	45
Total Fat	5 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	810 mg
Carbohydrates	34 g
Dietary Fiber	2 g
Sugars	4 g
Protein	4 g
Vitamin A	0 %
Calcium	0 %
Vitamin C	5 %
Iron	0 %
Phosphorus	0 mg

---