

# BAKING SODA BISCUITS

These simple & delicious biscuits are the perfect accompaniment to your soup, salad, or sassy friend!

SERVINGS	SERVING SIZE	TIME TO MAKE
12	1 BISCUIT	30 MINUTES

## INGREDIENTS

- 2 cups All-Purpose Flour
- 1 Tablespoon Baking Powder
- 2 teaspoons sugar
- 1/2 teaspoon cream of tartar
- 1/4 teaspoon salt
- 1/2 cup salted butter
- 2/3 cup kefir (milk or buttermilk is a great option)

## DIRECTIONS

1. Preheat oven to 450 degree F
2. In a medium bowl, stir together the flour, baking powder, sugar, cream of tartar, and salt
3. Using a pastry blender, cut the butter into the mixture until it resembles coarse crumbles
4. Make a well in the center of the mixture, add the kefir or desired milk and mix until moistened. Try not to over mix as you want the butter chunks to add to the cooking process.
5. On a lightly floured surface, roll out the dough to about 1/2 inch thickness. Cut the dough with a biscuit cutter or drinking glass. You may need to lightly flour the rolling pin and cutter/glass to decrease the dough from sticking.
6. Place the biscuits on an un-greased sheet pan, 10x14 inch sheet pan.
7. Bake for 10-12 minutes or until golden brown. Serve warm!
8. Enjoy!

Nutritional Information per serving: 153 Calories, 8 grams Fat, 5 gram Saturated Fat, 21 mg Cholesterol, 237 mg Sodium, 18 grams Total Carbohydrates, 1 gram Fiber, 1 grams Sugar, 3 grams Protein, 10% Vitamin A, 0% Vitamin C, 7% Calcium, 6% Iron