

BOMB BISCUITS

Buttery, flaky, easy to prepare biscuits. This is a great way to get the kids in the kitchen, too!

 15 minutes 30 minutes 12 portions

INGREDIENTS

- 2 1/2 cups all-purpose flour (unbleached)
- 2 tablespoons baking powder
- 1 teaspoon salt
- 1 stick salted butter (1/2 cup)
- 1 cup 2% milk (or whole milk)
- lemon juice from two lemons
- 1 tablespoon honey

COOKING METHOD

- 1° Preheat the oven to 425 degrees. Line a baking sheet with parchment paper.
- 2° Add the lemon juice to the milk (it will curdle). Set aside.
- 3° In a large bowl, combine the flour, baking powder, and salt. Stir with a whisk to combine. Using a pastry cutter or two knives, add the butter and honey to the flour mixture and mix until it looks like crumbly breadcrumbs. Add the buttermilk mixture and stir until just combined.
- 4° Turn out the dough onto a floured surface. Pat into a square about 8 inches long by 8 inches wide. Fold over with a spatula in half lengthwise. Fold over once more from the bottom up, widthwise. Pat out into a square once more, and cut into 12 biscuits, each about 1 x 2 inch squares.
- 5° Transfer the biscuits to the baking sheet, making sure they don't touch (they will be crispier this way). Top each with 1/4 teaspoon butter. Bake for 15 minutes, or until golden brown.
- 6° Serve with a slice of ham, an egg, and peach preserves for a delicious breakfast!

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (69 g)	% DRI
ENERGY	266 kcal	182 kcal	9 %
FAT	12 g	8 g	13 %
FATTY ACIDS, TOTAL SATURATED	7 g	5 g	26 %
CHOLESTEROL	32 mg	22 mg	7 %
SODIUM	390 mg	268 mg	11 %
CARBOHYDRATE	35 g	24 g	8 %
SUGARS	2 g	2 g	—
FIBER	1 g	1 g	3 %
PROTEIN	5 g	4 g	—