

Biscuits

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 7 Serving Size: 1 biscuit

Ingredients	Quantity	Measure
Self-rising flour	1	cup
Vegetable shortening	¼	cup
Soymilk	½ to ¾	cup

Preparation

1. Blend flour and shortening together to resemble pea-sized lumps.
2. Add soymilk 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.

Nutrition Information

 per serving *From USDA Nutrient Database

Calories: 129 Total Fat: 7g Saturated Fat: 1.8g Monounsaturated Fat: 1.5g Polyunsaturated Fat: 3.6g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 14g Fiber: 0.8g Total Sugars: 0.8g Protein: 1.7g Sodium:
192mg Vitamin A: 0µg Vitamin C: 0mg Calcium: 50mg Iron: 1mg Folate: 3µg

