

Quick Biscuits

Ingredients:

2 cups flour*
3 tsp baking powder
2T cane sugar
1 tsp salt
1/3 cup canola oil
2/3 cup milk**



* Use King Arthur Gluten-free Measure for Measure flour if intolerant to wheat and/or during elimination phase of FODMAP

** Use lactose-free milk if intolerant to lactose and/or during elimination phase of FODMAP

1. Mix dry ingredients. Put oil in measuring cup and add milk. Do NOT stir.
2. Add milk oil mixture to dry ingredients.
3. Mix to moisten ingredients, then knead 1-2 times to form a ball.
4. Roll out between two sheets of plastic wrap to about 1/2 inch thick and cut into 2 inch biscuits -OR- divide the dough in to 12 equal parts and drop the dough onto the cookie sheet
5. Bake on ungreased pan at 475°F for 10-12 minutes.