

# Jenny's Buttermilk Biscuits

There's nothing like warm, homemade biscuits right out of the oven. It takes longer for the oven to heat up than it does to put this simple, healthy recipe together. My biscuits are lower in fat than any you can buy. I use the same biscuits for strawberry shortcake by adding a tablespoon of sugar to the dry ingredients. Biscuits really should be served immediately; otherwise, I split & freeze them.

1 3/4 cups all purpose flour  
1 Tablespoon baking powder  
1/2 teaspoon baking soda  
1/4 teaspoon salt

2 Tablespoons **cold** butter  
3/4 cup low fat buttermilk

1. Preheat oven to 450°. Line a baking sheet with parchment paper.
2. Sift dry ingredients into a bowl.
3. Cut butter into flour mixture using a pastry cutter or two knives until mixture resembles cornmeal. (it takes about a minute)
4. Add buttermilk, stirring briefly with a fork until combined.
5. Place dough on a floured surface and knead 8-10 times. (it's easy with a scraper)
6. Roll or pat dough about 3/4 to 1-inch thick.
7. Using a 2-inch round cutter, cut biscuits – do not twist – cutting straight down, dipping cutter into flour each time.
8. Re-roll remaining dough for extra biscuits.
9. Place biscuits on baking sheet, well spaced, and brush tops with milk or buttermilk.
10. Bake for 10-12 minutes until tops are golden. Serve right away.

Makes about 10