

prepared with either Reduced-Fat Bisquick® or homemade baking mix prepared with 1/3-cup shortening is the same. By the way, preparing your own Reduced-Fat Baking Mix saves at least \$2 per batch over the name-brand mix. **Each serving is 1/3-cup. Per Serving using 1/3 cup shortening:** 144 Calories; 3g Fat (20.2% calories from fat); 3g Protein; 26g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 326mg Sodium.

Exchanges: 1-1/2 Grain(Starch); 1/2 Fat. **OR Per Serving using 1/2-cup shortening:** 158 Calories; 5g Fat (27.5% calories from fat); 3g Protein; 26g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 326mg Sodium.

Exchanges: 1-1/2 Grain(Starch); 1 Fat.

Biscuits From Reduced-Fat Biscuit Mix

2 cups homemade Reduced-Fat Biscuit Mix

3/4 cup nonfat buttermilk or yogurt (homemade is fine)

Measure the biscuit mix into a medium sized bowl. Add the buttermilk or yogurt. Use a fork to stir the mixture until it forms a soft dough. If the mixture is too dry, you may add a sprinkle or two of tap water for moisture. Gently knead the dough about 10 times. This activates the gluten in the dough just enough, but not too much. Pat the dough out onto a sheet of waxed paper. If you prefer round biscuits then cut the dough with a 2-inch round biscuit cutter or a sturdy glass or cup. If you like square biscuits then shape the dough into a rectangle about 4-inches by 10-inches. Use a sharp knife to cut the rectangle into 2-inch squares (2 by 5). Arrange the biscuits on a baking sheet sprayed with non-stick spray. Bake at 425° for about 10 minutes. **Makes 10 servings, 1 biscuit each. Per Serving:** 94 Calories; 2g Fat (20.1% calories from fat); 3g Protein; 16g Carbohydrate; 0g Dietary Fiber; 1mg Cholesterol; 215mg Sodium. **Exchanges:** 1 Grain(Starch); 1/2 Fat.