

## Biscuits

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Use for Hot Pockets, as well as, Biscuits

- 1/3 C palm fruit shortening
- 2 C fresh flour – all purpose, spelt, brown rice & barley
- 1 T baking powder
- 1 t salt
- 3/4 C milk

Heat oven to 450°. Cut shortening into dry ingredients with wire whips. Stir in just enough milk until dough leaves sides of bowl & dough rounds up into a ball. Turn dough onto lightly floured surface. Knead lightly & roll or pat to ½ inch thick. Cut with biscuit cutter or roll a bit thinner and then stuff with filling. Fold over & crimp edges. Brush with egg whites or oil to brown. Bake on ungreased cookie sheet for 10-12 minutes.