







STEP	INGREDIENTS/ EQUIPMENT	PROCEDURE
1	 <p style="text-align: right;">2 cups</p>   <p style="text-align: right;">1 Tablespoon</p>   <p style="text-align: right;">1/2 teaspoon</p>   <p style="text-align: right;">2 Tablespoons</p> 	 <p>Measure flour, baking powder, sugar and salt into a bowl.</p>
2	 <p style="text-align: right;">1/2 cup</p>   <p style="text-align: right;">Pastry blender</p> <p style="text-align: center;">OR</p>  <p style="text-align: right;">2 Knives</p>	 <p>Cut shortening into flour.</p> 

BISCUITS (Page 2)

STEP	INGREDIENT/EQUIPMENT	PROCEDURE
3	 	 <p>Stir milk into flour mixture with fork.</p>
4	 <p>BISCUIT DOUGH</p>	 <p>Knead dough with hands 10 times.</p>
5	 	 <p>Roll out dough.</p>

BISCUITS (Page 3)

STEP	INGREDIENTS/EQUIPMENT	PROCEDURE
<p>6</p>		 <p>Cut out biscuits with glass or biscuit cutter.</p>
<p>7</p>		 <p>Place biscuits on cookie sheet.</p>
<p>8</p>		 <p>Place cookie sheet in oven. Bake 10 minutes.</p>

Nutrition Facts

12 servings per container

Serving size 1 biscuit

Amount per serving

Calories 170

% Daily Value*

Total Fat 9g 12%

Saturated Fat 2.5g 13%

Trans Fat 1g

Cholesterol 0mg 0%

Sodium 230mg 10%

Total Carbohydrate 19g 7%

Dietary Fiber 1g 4%

Total Sugars 3g

Includes 2g Added Sugars 4%

Protein 3g

Vitamin D 0mcg 0%

Calcium 87mg 6%

Iron 1mg 6%

Potassium 42mg 0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.