



Cornell University

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Cheddar Biscuits

Makes 8 servings

Ingredients:

- 2 cups all-purpose baking mix
2/3 cup nonfat milk
1/2 cup shredded nonfat cheddar cheese
1/4 teaspoon garlic powder
cooking spray

Directions:

- 1. Preheat oven to 450 F.
2. Combine baking mix, milk and cheese.
3. Mix with a spoon for about 30 seconds.
4. Drop by spoonful on a lightly greased baking sheet.
5. Bake at 450 F for 8-10 minutes, until golden brown.
6. While hot, spray biscuits lightly with spray, and sprinkle with garlic powder

Nutrition Facts

Table with 2 columns: Nutrient, Amount per serving, and % Daily Value. Includes rows for Total Fat, Cholesterol, Sodium, Total Carbohydrate, Protein, and various vitamins/minerals.

\*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.

8% calories from fat

Source: Cayuga County Cornell Cooperative Extension

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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