

## Cheddar Cheese Biscuits



### Makes:

15 biscuits

### Utensil:

Saladmaster Food Processor

large mixing bowl

Cookie Sheet (12 ½ x 15 ½)

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### Recipe:

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1 cup

all purpose flour

(120

g)

1 cup

cake flour

(110

g)

1 ½ teaspoons  
baking powder

(7

g)

1 teaspoon

salt

(6

g)

¼ teaspoon  
garlic powder

(1

g)

¼ teaspoon  
baking soda

(1

g)

3 tablespoons

Earth Balance Natural shortening sticks

(42

g)

⅓ cup  
cheddar cheese, finely shredded, use Cone #1

(38

g)

1 cup

low-fat buttermilk

(240

mL)

### Directions:

1. In a large bowl, combine all-purpose flour, cake flour, baking

- powder, salt, garlic powder and baking soda.
2. Cut in shortening until mixture resembles coarse crumbs. Add cheddar cheese.
  3. Stir in buttermilk and mix until just moistened.
  4. Line baking/cookie sheet with parchment paper. Using a tablespoon, drop two spoonfuls of biscuit batter onto baking sheet; drop batter for each biscuit approximately 2-inches apart.
  5. Bake at 425°F/218°C for 10 - 12 minutes, or until golden brown. Remove from oven and transfer to a baking rack; allow to cool slightly before serving.

Nutritional Information per

▼ Serving

**Calories:** 107  
**Total Fat:** 4g  
**Saturated Fat:** 2g  
**Cholesterol:** 3mg  
**Sodium:** 206mg  
**Total** 15g  
**Carbs:**  
**Dietary Fiber:** 0g  
**Sugar:** 1g  
**Protein:** 3g