

Greek Yogurt Biscuits

Makes 6 Servings

Preparation: 15 mins , Cook Time: 15 mins

Yield: 6 biscuits

Foods 1

In class recipes

1 1/3 cups all-purpose flour
1 teaspoon sugar
1/2 tablespoon baking powder
1/4 teaspoon salt
1/2 cup plain, low-fat greek yogurt
1/4 cup reduced-fat milk

1. Preheat oven to 425 degrees F. Line a rimmed baking sheet with parchment paper.
2. In a large bowl, whisk together the flour, sugar, baking powder and salt. Add the yogurt and half of the milk (2 tbsp.) and stir with a wooden spoon or silicone spoon/scrapper until dough forms. Transfer to a lightly floured counter top (I use a floured cutting board)
3. Add more milk if needed, and just until a dough forms, to the floury bits that were left in the bowl. Add this dough to the dough on the counter.
4. Knead a few times, just until dough is smooth. It will be fairly sticky.
**I like to fold the dough into thirds- like folding a letter to put into an envelope. If you need to add more flour that's fine, but try not to over knead it.
5. Quickly, so that the baking powder won't lose its potency, roll or press the dough out, using a floured rolling pin, to 1-inch thick.
6. Cut into 3-inch rounds using floured glass
7. Place 1-inch apart on the prepared baking sheet.
8. Bake 15 minutes, until golden brown. Serve immediately, with butter, honey and jam.