

HEALTHY EATING @ home

Recipe brought to you by Paolo Vasapoli, Executive Chef, Food Services

Vegan Biscuits

Makes 6-7 biscuits



Ingredients

- 1 cup of self-rising flour
- 4 tablespoons vegetable shortening
- ½ to ¾ cup soy milk

Instructions

1. Blend flour and shortening together to resemble pea-sized lumps.
2. Add soy milk and blend until ingredients are combined (do NOT over mix).
3. Roll out the dough to about ¼" thickness and cut into biscuits.
4. Bake at 400 degrees for 10-15 minutes or until golden brown.

I like to serve these biscuits with jam!

Buon Appetito!!