

Angel Biscuits

Source: *Cooking Light magazine*

INGREDIENTS:

1 package dry yeast (about 2 1/4 tsp)
1/2 C warm water (105 - 115° F)
5 C all-purpose flour
1/4 C sugar
1 tsp baking powder
1 tsp baking soda
1 tsp salt
1/2 C vegetable shortening
2 C low-fat buttermilk
Cooking spray
1 TBS stick margarine or butter, melted

DIRECTIONS:

Dissolve yeast in warm water in small bowl - let stand 5 minutes. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour + next 4 ingredients (flour - salt) in large bowl - cut in shortening with pastry blender or 2 knives till mixture resembles coarse meal. Add yeast mixture + buttermilk - stir just till moist - cover/chill 1 hour.

Preheat oven to 450° F. Turn dough out onto heavily floured surface; knead lightly 5 times. Roll dough to 1/2" thickness; cut with 3" biscuit cutter. Place on baking sheet coated with cooking spray. Brush melted margarine over biscuit tops. Bake 13 minutes at 450° F for or till golden.

Yield: 2 dozen

Nutrition Facts (per biscuit): **Calories:** 150 **Fat:** 5g **5g** **Carbohydrates:** 23g **Cholesterol:** 0mg
Sodium: 183mg **Protein:** 4g **Fiber:** 1g **% Cal. from Fat:** 30% **% Cal. from Carbs:** 61%