



Baking Powder Biscuits

2 cups sifted flour
1 tsp. salt
1 Tbsp. baking powder
1/3 cup chilled palm oil
¾ cup milk or coconut milk

Preheat oven to 450 degrees F (230 C). Sift flour with salt and baking powder into a bowl and cut in palm oil with a pastry blender until it achieves the texture of very coarse meal; make a well in center, pour in milk, and stir briskly with a fork just until dough holds together. Knead gently on a lightly floured board 7 or 8 times. Roll ½-inch thick and cut into round with a floured biscuit cutter; reroll and cut scraps. Place on ungreased baking sheet about 1-inch apart for crusty-sided biscuits, almost touching for soft. Bake for 12-15 minutes until slightly browned. *Compliments of Dr. Bruce Fife, N.D.*

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