



Quick and Easy Biscuits

2 cups sifted flour
1 teaspoon salt
1 tablespoon baking powder
1 egg
1/3 cup palm oil, melted
3/4 cup milk or coconut milk

Preheat oven to 450 degrees F (230 C). Sift flour with salt and baking powder into a bowl and set bowl aside. In a separate bowl blend together egg and liquid palm oil then stir in milk. Combine the liquid and dry ingredients and stir with a fork until dough holds together. Form dough into several balls about 2-inches in diameter. Place on ungreased baking sheet and flatten so that each biscuit is about 3/4-inch thick. Bake for 12-15 minutes until slightly brown.

Compliments of Bruce Fife, N.D.

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