

Cheesy Heart Biscuits

Equipment Need:

Measuring cups, measuring spoons, large mixing bowl, wooden spoon, pastry cutter (or two knives), 2-inch heart shaped cutter, baking sheet.

Ingredients:

2 cups all-purpose flour
1 tbsp. baking powder
¼ tsp. salt
¼ cup shortening
¾ cup skim milk
½ cup finely grated cheddar cheese

Directions:

1. Preheat oven to 450°.
2. Measure flour, baking powder, and salt into large mixing bowl. Stir to combine ingredients.
3. With a pastry cutter or two knives, cut shortening into flour mixture until it resembles fine crumbs. Stir in milk and add finely grated cheddar cheese.
4. Turn dough onto a lightly floured surface. Knead gently about 10 times to make a soft, cohesive dough.
5. Pat or roll dough into a circle about ½ inch thick. Cut with a 2-inch heart shaped cutter dipped in flour.
6. Place biscuits about 1 inch apart on an ungreased baking sheet.
7. Bake 10 to 12 minutes, or until golden brown.
8. Stir warm.

